

COAC

akes

ects

and

ile.

er,

icle

tiss

ng.

T

als a

eat

cial

ing.

ards a

ard brea

creasir

aller

.

s stud

Amer

n he

s in t

to 5'10

increas

19. E

with t

n of t

its show

ent has

, but still

, remind

.

athlete is

in record

increasing

el and re

en, again

a greater

ds, as i

y to gain

.

d to have

the white

believes this

man's legs

ately two

white man's

his height

develop

tributes t

otionally,

be better

speed and

.

GROUND

nd

SCORE

CORN CO.

rk, N. Y.

BUTTONS

MBLEMS

ERS

MPANY

7, N. Y.

NC College Library

MAR 21 1968

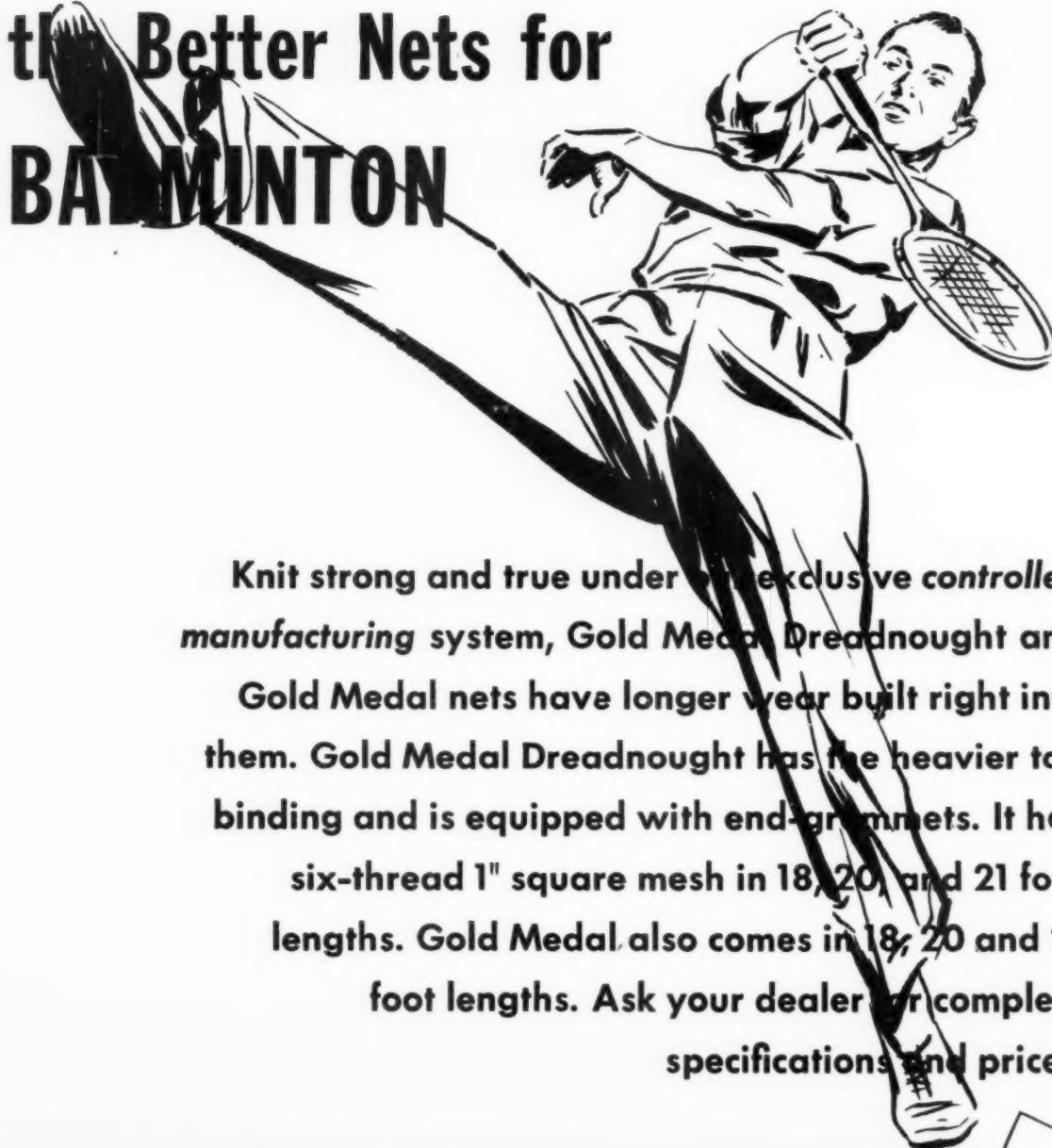
COLLECTION

SPRING



GOLD MEDAL and GOLD MEDAL DREADNOUGHT

The Better Nets for
BADMINTON



Knit strong and true under an exclusive controlled manufacturing system, Gold Medal Dreadnought and Gold Medal nets have longer wear built right into them. Gold Medal Dreadnought has the heavier top binding and is equipped with end-grommets. It has six-thread 1" square mesh in 18, 20, and 21 foot lengths. Gold Medal also comes in 18, 20 and 21 foot lengths. Ask your dealer for complete specifications and prices.

Gold Medal Nets



MAKERS
OF FINE
NETTINGS
FOR
104 YEARS

"THE BALL OF THE BOWLS". Spalding's famous JS-V is a prime favorite, too, in most of the big College Conferences and games.

SPALDING STANDS OUT-

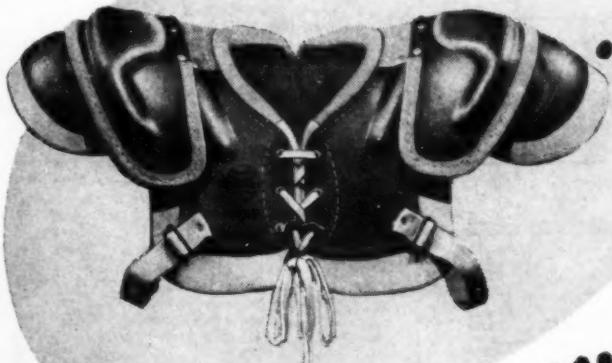
HEAD ...

THERE'S PERFECT PROTECTION in the 50-ZH, football's most famous helmet. Top-grade, strap-leather crown. ZH style ear protectors.



... AND SHOULDERS

ROUGH, TOUGH AND HUSKY is the way to describe the 80-SP! Flat-style. Shoulder caps, epaulets and body of heavy molded fiber.



... ABOVE ALL OTHERS

THE WORD "SPALDING", stamped on any piece of athletic equipment, is an automatic guarantee of superior quality . . . backed by a 70-year reputation unequalled in the history of Sports!

A. G. SPALDING & BROS., DIV. OF SPALDING SALES CORP.
Member of the Athletic Institute

SPALDING SETS THE PAGE IN SPORTS





Do You Need Help In Your Rifle Training?

If your school is one of the progressive institutions that already sponsors a rifle training program—or if you are now contemplating setting up such a program, let us send you our **SMALL BORE RIFLE HANDBOOK**. You will quickly see that its 76 pages of pictures and diagrams on all phases of rifle marksmanship can indeed be a great help. You can use the expert tips that it offers both in the classroom and on the range. Let us send you a copy.

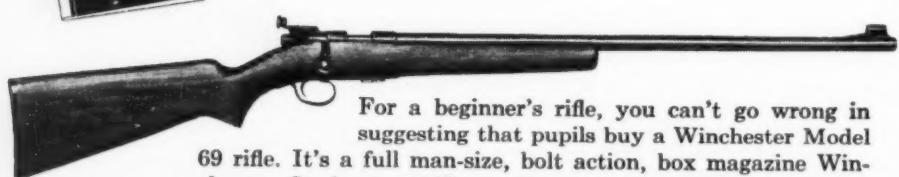


You will want the boys and girls in your riflery classes to enjoy the advantages of Winchester EZXS and Leader 22 cartridges for practice and match competition.



FREE

Just address your request for your copy to Desk 59A... Winchester Repeating Arms Co., New Haven, Conn., Division of Olin Industries, Inc.



For a beginner's rifle, you can't go wrong in suggesting that pupils buy a Winchester Model 69 rifle. It's a full man-size, bolt action, box magazine Winchester. It shoots 22 Shorts, Longs or Long Rifle cartridges. Made by Winchester craftsmen, it's a lot of rifle at little cost.

WINCHESTER

TRADE MARK

RIFLES • CARTRIDGES • SHOTGUNS • SHOTSHELLS
FLASHLIGHTS • BATTERIES • ROLLER SKATES



SCHOLASTIC COACH

Reg. U. S. Pat. Off.

IN THIS ISSUE VOL. 15, NO. 7

HERE BELOW (That NYU-Notre Dame Game).....	1
THE SCHOOLBOY BATTER.....	1
By Sidney Hale	
SWIMMING THE CRAWL.....	1
By Dan Fowler	
BROAD JUMP BY EULACE PEACOCK.....	1
THE FIFTH INFIELDER—THE PITCHER.....	1
By Earl Whitehill	
THE SOCIOLOGY OF PHYSICAL EDUCATION.....	1
By Henry F. Donn	
A LETTER-AWARD SYSTEM WITH A POINT.....	1
By Eugene V. Kennedy	
NEW JERSEY'S TRACKLESS WONDERS.....	1
By James M. Macfarland	
MAKE BASEBALL EASY!.....	1
By A. W. Roberts	
WANTED: TWO UMPIRES!.....	1
By Edward H. Boell	
APPROACH TO POLE VAULTING.....	1
By Dick Miller	
A POINT-MOTIVATED ACTIVITY PROGRAM.....	1
By Herb Eisenschmidt	
WATER: TO DRINK OR NOT TO DRINK?.....	1
By Dr. S. E. Blik	
IMPLICATIONS OF THE MILITARY FITNESS PROGRAMS	1
By Dwight Monnier	
BAT POLO FOR SWIM CLASSES.....	1
by Norman Kutner	
BASEBALL COACHING PHILOSOPHY.....	1
By Samuel Winograd	
COACHES' CORNER	1

Editor: OWEN REED
Assistant Editor: H. L. MASIN

SCHOLASTIC COACH is issued monthly ten times during the academic year (September through June) by Scholastic Corporation, M. R. Robinson, president. Publishers of *Scholastic*, the American High School Weekly; issued in two editions, one for students and one for teachers.

Address all editorial and advertising communications, and all correspondence concerning subscriptions and circulation to SCHOLASTIC COACH 220 East 42nd Street, New York 17, N. Y.

G. Herbert McCracken, publisher.

Subscription for the United States and Canada \$1.50 a year. Foreign \$2. Back issues: 25 cents current volume; 50 cents, previous volumes.

The entire contents of SCHOLASTIC COACH copyrighted, 1946, by Scholastic Corporation.

EDITORIAL ADVISORY BOARD — H. V. PORTER, Secretary-Treasurer, National Federation of State High School Athletic Association; ERNEST PERRIN, Vice-chairman of the Executive Committee, Women's Division National Amateur Athletic Federation; FLOYD A. ROWE, Directing Supervisor of Physical Welfare, Cleveland Public Schools; WILSON DALzell, Director of Athletics, Dubuque, Iowa Senior High School; DANIEL CHASE, Sportsmanship Brotherhood; ROBERT H. HAGER, Supervisor of Physical Education, Tacoma, Wash., Public Schools; JAMES E. MANSFIELD, Athletic Director, Haworth, Mass., High School; JAMES EDWARD ROGERS, Sanitary National Physical Education Service of the National Recreation Association, and of the Department of School Health and Physical Education of the National Education Association; R. E. RAWLINS, President National Federation of State High School Athletic Associations; R. V. TRUSCOTT, Commissioner, Colorado High School Athletic Conference; W. H. YARDBROUGH, Peabody Demonstration School, Nashville, Tenn.

SCHOLASTIC COACH is a member of the Coordinating Circulation Audit, a bureau for examining and auditing circulation figures for the protection of advertisers. Official statements of SCHOLASTIC COACH circulation supplied on request.

Advertisers receive incontrovertible evidence of the circulation they are paying for.



FOR FOOTBALL THIS FALL USE



Rawlings

QUALITY

ATHLETIC EQUIPMENT

There's no longer any need to accept a substitute for the best — Rawlings Quality Athletic Equipment is back again, more plentiful than for the past few years. Each piece of equipment is still the finest available—made by expert craftsmen from the finest leathers and fabrics money can buy.

As always, Rawlings Quality means stronger, more durable construction for longer, wear-resisting service, improved design and flawless workmanship.

Play Rawlings Quality Athletic Equipment—and you play the finest in the field!

**See your Rawlings dealer
for your fall requirements**

THE FINEST IN THE FIELD !



"40-60-80-100!"

NO, these aren't football signals — but the standard heights of Union Metal's new sports field floodlighting poles.

Because American fans are definitely "night sport" conscious, next fall will see the hard fighting teams of many schools throughout the nation playing to thousands of cheering fans under the bright lights which these tall, trim poles support.

Designed, engineered and produced by a company that has specialized in steel pole manufacture for 40 years, these

Monotube Floodlighting Poles fill every requirement of efficiency, economy, durability and good appearance . . . for all types of outdoor sports.

Monotube Steel Flood-

lighting Poles are the only continuously tapered, cold rolled poles on the market. Each pole is complete with standard safety platforms and mounting frames. Poles require no guying.

SPECIAL ADVANTAGES: (1) Poles can be completely wired, lights mounted and positioned on the ground before erection; (2) Standardization of pole heights and platforms means lower cost and prompt delivery; (3) Servicing of lights is safe and easy; (4) Taper reduces wind loads, provides greatest strength where needed.

Available soon—new 8-page fully illustrated catalog giving complete information. Write for your copy today. The Union Metal Mfg. Co., Canton 5, Ohio.

OTHER APPLICATIONS	
Baseball	Softball
Hockey	Soccer
Tennis	Swimming
Basketball	Track

UNION METAL

Monotube Floodlighting Poles



That NYU—Notre Dame game

FOR the past couple of weeks, the atom bomb, the OPA, the UNO, and Dick Tracy have been boxed out of the limelight by that great American phenomenon—the state high school basketball tournaments.

Talk about mob hysteria! Every year, the crowds grow bigger and bigger. And where the tourney impresarios are putting the hordes, we don't know. Every May they tell us, "Capacity attendance, 5,000 (or 6,000, or 10,000) more than last year."

So we may as well face it—basketball has superseded the funnies as America's No. 1 mania.

From the halls of the Chicago Stadium to the shores of the Boston Garden, it's the same old story. There aren't enough tickets to go around. Even the South—staunch footballers and baseballers from away back—is going hoop crazy.

In the East, the situation is normal. That means you can't get a ticket to any decent attraction.

Take the NYU-Notre Dame game, for example. Madison Square Garden's absolute capacity is 18,400. That includes the five people who must stand with one foot in the washroom.

For NYU-Notre Dame, the Garden sold 14,900 tickets by mail. At least 10,000 additional requests had to be refused. That great impresario, Mr. Ned Irish, insisted on some pretense of a public sale.

So, four days before the big game, he placed 3,500 tickets on sale. At 9 that morning, over 7,500 people queued up in a four-block line around the emporium!

The No. 1 boy showed up at 8 the previous evening. And neither rain, snow, gloom of night, nor flu germs could dislodge him from the ticket window.

AFTER this mad ticket scramble, the game had a right to prove anti-climactic. It didn't. It provided the tensest 40 minutes of action we have seen all season.

All right, you boys out in Big Ten, Far West or Deep South coun-

try. Maybe you had a couple of better hair-raisers. But until you get us some train tickets, we'll have to stick to our neck of the woods.

Notre Dame took the floor a five-point favorite, thanks to a superlative record and Coach Ripley's refreshing tub-thumping.

Most coaches like to shed crocodile tears over their team's chances. Not so Elmer (Believe-it-or-not-my-team-is-wonderful) Ripley.

In a mad moment of candor, Coach Ripley confessed that Notre Dame owned the greatest collection of hoop dunkers he had ever seen—that his hardest job had been to weed 15 men out of the 200 magnificoes who answered his call.

BUT Notre Dame met its match that night. Both teams were superbly conditioned, hard-driving, soundly drilled outfits. But NYU had a bit more slickness.

Practically all the NYU baskets were scored from directly underneath. And only two of them could be attributed to fast breaks. When a team consistently scores from underneath, you can bet your last white shirt there's a screw loose somewhere in the defense.

An NYU squirt named Don Forman broke away for six lay-up baskets. That doesn't happen when the defense is switching right.

Forman would run his man into a screen, reverse and drive under. We kept looking for the screener's guard to switch. But rarely was it forthcoming.

Of course N. D. knew better. Coach Ripley has been around, and knows as much about switching as the guy who invented it. But his team just wasn't doing it. Could be they were tired. Playing the toughest teams in the land week in and week out takes something out of a team.

Both teams operated along similar lines. Fast break and single pivot. The Violets are drilled to perfection on two things—to run all night and to keep the middle open (except when the center sets up a pivot).

Coach Cann doesn't believe in set

attacking patterns. His boys are so court-wise they don't need any master plans. They gave the Notre Damers an object lesson on giving-and-going.

THE Irish's ballyhooed stars—Vince "Bullets" Boryla and Leo "Crystal" Klier—both suffered off-nights.

It seemed to us that Boryla lacked flexibility in the bucket. Unquestionably a fine shot, he didn't get the ball enough to do any astronomical scoring. He was covered beautifully from behind and even more beautifully from in front.

Frank Mangiapane, the Violet defensive warhorse, played with one eye on his man and the other on the bucket. His anticipatory sense was uncanny. Again and again, he faded away from his man, cut in front of Boryla and robbed the incoming feed.

Klier was nicely covered by the Violet captain, Sid Tanenbaum. Leo is fast and can get off as nice a one-hand shot as you've ever seen. But he didn't have enough shift to get around El Sid.

All Tanenbaum did was stick in front of him and wave a hand. It paid off so well that NYU is still singing *Tanenbaum My Tanenbaum* (courtesy R. Wagner).

THE brunt of the N. D. offense was borne by Captain Billy Hassett and George Ratterman. The latter, a hard-driving sharp shooter, kept the Irish in the game with 19 points.

Captain Billy, the playmaker, comported himself with a great deal of *savoir faire*. But he was handicapped by a rubber tire around his middle. On defense, his slowness was a distinct liability. Melt off that fat and you'd have a real star.

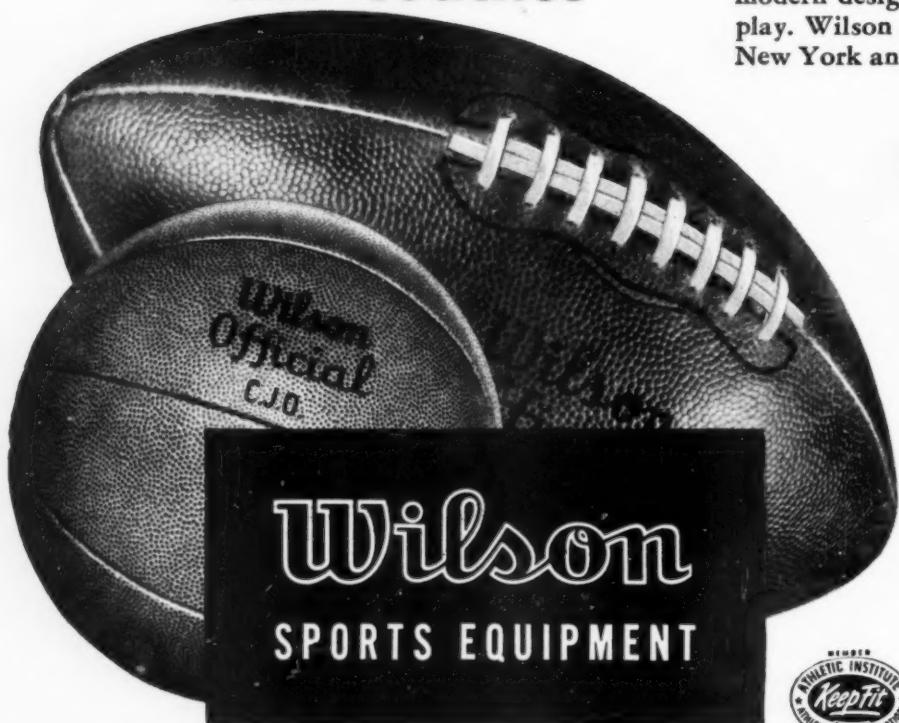
All you Notre Damers in our great unseen audience may think we've been unjustly rough on the alma mater. Honestly, we wrote this piece with malice towards none—if not with charity towards all.

We hold these truths to be self-evident.



Endorsed
By Players
and Coaches

- Around the sports calendar, season by season, you find "Wilson" a standout name on equipment specified by leading coaches and used by famous players. Over the country the conviction grows among those engaged in sports, that Wilson is the LAST WORD in modern design and construction for modern play. Wilson Sporting Goods Co., Chicago, New York and other leading cities.



IT'S WILSON TODAY IN SPORTS EQUIPMENT

The Schoolboy Batter

by SIDNEY HALE

This is the first of two articles on batting by Sidney "Sammy" Hale, football and baseball coach at Norwood High School, Cincinnati. His second installment next month will be devoted to bunting.

THANKS to the pioneer work of Babe Ruth, Lou Gehrig, Cy Williams, and lesser lights, modern baseball offense leans heavily to power or long-distance hitting.

From an esthetic viewpoint, this clouting mania hasn't done our youngsters any good. Hero worshippers all, they have attempted to copy their favorite slugger's style without taking inventory of his unusual physical gifts.

It is ridiculous for a small, slim schoolboy to bat Ruthian fashion, for example. He just hasn't the build and power for it. He could do much better with a style commensurate with his physique. The power hitting should be left to the big, broad-backed boys.

Self-confidence may be accepted as the first essential of the successful hitter. One of the hallmarks of the professional is his ability to wait for and offer at only the "meat" pitches. He won't cut at anything that isn't over.

Some years ago the great Art Shires, a fine player despite his bizarre extra-curricular activities, said during a batting session: "You know, when I'm up there at the plate and the pitcher gets two strikes on me, I feel sorry for him. I know I'm going to wham the next one and the guy might have a wife and a couple of kids to support."

While this might be construed as super ego, you must admit Shires did own a positive mental attitude. And that's helpful, at least in batting.

What a blessing it would be if some of our timid schoolboys possessed an infinitesimal part of Shires' cock-sureness. They would then step into the box feeling superior to the opposing pitcher, who may be plenty uncertain himself.

To promote self-confidence, have your best control pitchers work the early batting practices. Tell them to lay in only fat strikes, so the hitters can confidently lean into them. Later on, the pitchers may start mixing 'em up.

During this psychological buildup, emphasize offering only at good

pitches and letting the doubtful ones go. It is amazing how a few solid blows and a little encouragement from the coach can improve a boy's confidence.

Before leaving the mental side of batting, a few words may be in order on the practice of second-guessing. Unless your hitters take after Dunninger, do not permit them to guess with the pitcher.

The batter is more often wrong than right, and he may expose himself to considerable bodily danger. The batter who steps into what he believes will be a curve, only to blunder into the high hard one, may wind up with a lump on his head or body.

If the batter still insists on guessing the pitch, he should assume that every pitch will be a fast ball. This is the only safe course to pursue. At least it assures the batter of being ready for the fireball, which is the real toughie.

The curve, which breaks away from the batter, is easier to hit and much less dangerous. The bottom of the batting order is generally more vulnerable to fast-ball pitching, while the top is usually more effectively worked over with curves.

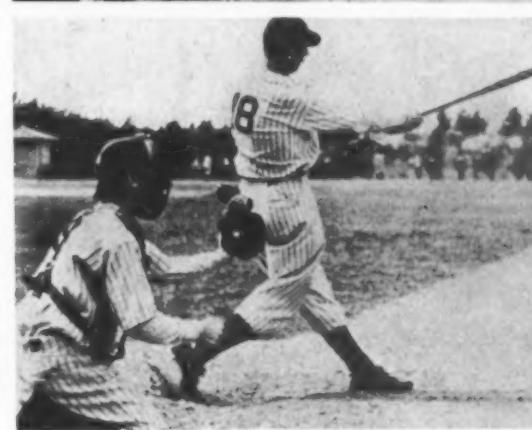
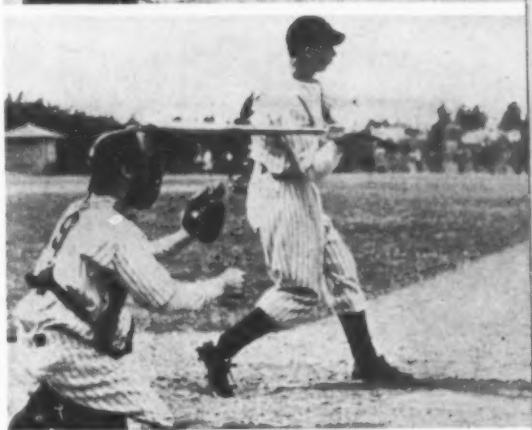
Summing up, then, expect the fast one, and the hook will take care of itself.

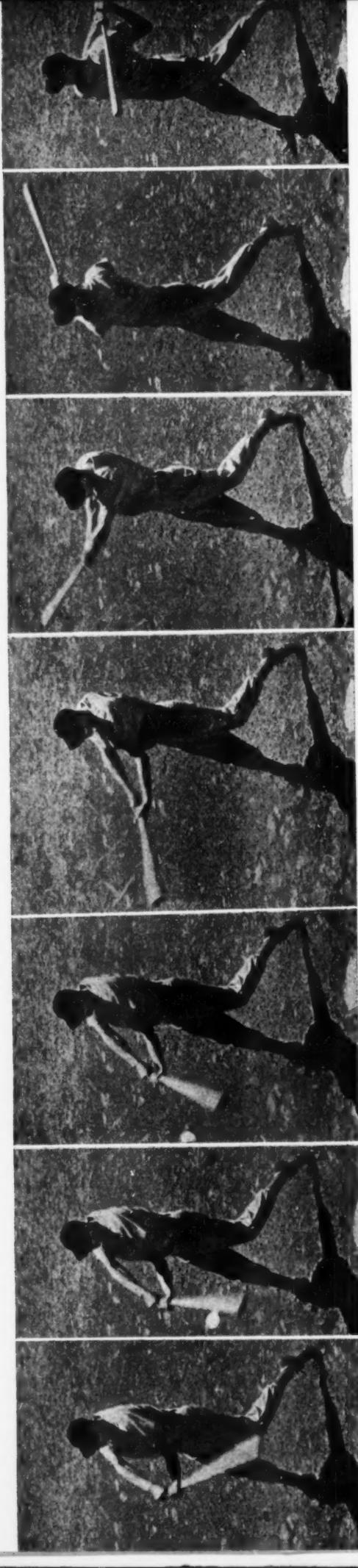
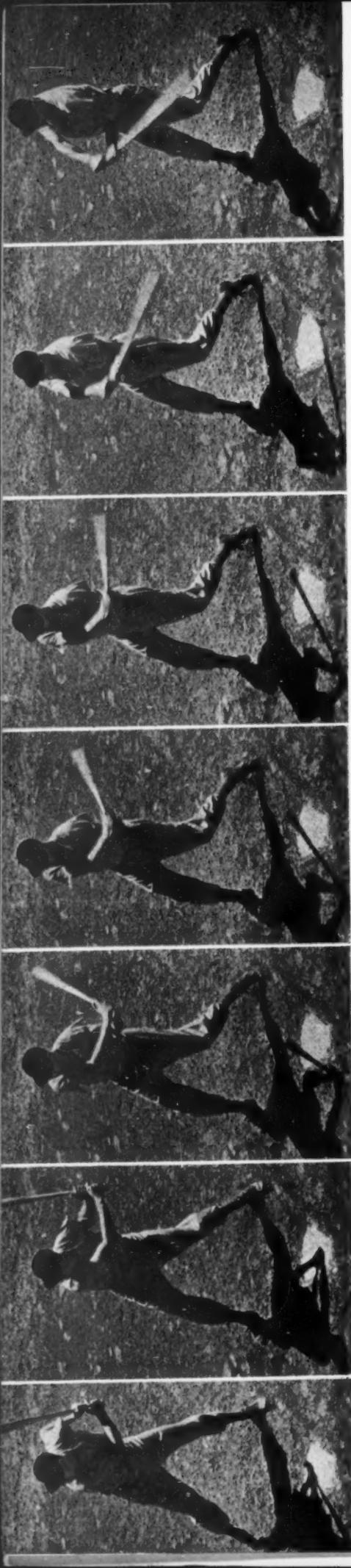
Selection of a bat. A good choice of bat contributes greatly to effective hitting. Most homer-conscious kids pick a bat that's too light and too long for them. About 80 percent of the professionals use bats that vary between 34 and 35 inches, and weigh about one ounce to the inch.

A short, moderately heavy "stick" is much superior to the light, lengthy type, inasmuch as the short bat can be swung faster and with an

Joe Di Maggio

The famous Yankee clipper generates his terrific power from a rather wide, flat-footed stance. He slides his front foot a few inches forward and really leans into the ball with his shoulders and wrists. Note his easy, relaxed stance, with elbows away from the body, the slightly unlocked, relaxed knees, and the cock of bat well back. He meets the ball just in front of the plate and follows through nicely, his wrists turning over.





optimum of wrist action. It also tends toward better balance.

The weight of the bat is also important. The slightly built hitter should not use a weighty or cumbersome bat. The big boys can more readily handle this type. As a rule, the smaller fellows make the better punch hitters.

During the early part of the season, when the pitching is not too sharp, a heavier bat may mitigate the natural tendency to swing too quickly. As the season progresses, a light bat will help cope with the improved pitching.

The heavier type bat is usually more effective against curve-ball throwers, while the lighter lumber is more adaptable against fast-ball hurlers.

The bat, therefore, should be carefully selected for its weight, length, feel or balance, and the type of pitching encountered. The assumption that a hard swing with a long, light bat produces more powerful blows, is completely erroneous.

Grip. The hands are firm, not too loose nor too tight. White knuckles indicate a tense grip.

The choke grip is suited to small men, while the end grip may be successfully employed by husky batters. When choked, the bat is gripped several inches from the end or, as in the case of a modified choke, about an inch and a half from the end.

Don't let your boys imitate Ruth, Gehrig or Lombardi, if they haven't similar body builds. Teach the grip that blends with their physical characteristics.

Whatever the grip, it is advisable to have the hands together with the fingers around the bat so that the clenched fists point away from the body. The bat should rest lightly towards the front of the hands. This relaxes the gripping muscles and makes for a good wrist snap.

Stance. The hands, forearms and elbows help carry the bat back fairly high to a comfortable cocked-

Ted Williams

The greatest slugger in baseball is one of those rare birds who really is "loose as a goose" at the plate. He cocks his bat with a peculiar left-elbow tilt and pivots his upper trunk inward. As he unwinds himself, the elbow comes down and the wrists whip into the ball. His elbow passes so close to his body that it appears cramped in the sixth picture. His follow through is a model of grace and power. (Pictures courtesy of Lew Fonseca.)

Maurice Van Robays

The pictures catch the Pirate slugger reaching for a low one. His stance is beyond reproach; shoulders and hips perfectly level, bat away from the body, and weight nicely distributed. As he steps forward, he lets his knees lower him to the ball, enabling him to whip the bat around parallel to the ground. In all these action strips, note how the great batters keep their heads steady and their eyes glued on the ball. (Pictures courtesy of Ethan Allen.)

and-ready position, assuring a free swing.

The batter should take a position in about the middle of the box, close enough to the plate to reach any pitch on the outside corner.

Insofar as the depth of the stance is concerned, a position toward the front of the box is advisable against curve-ballers, while a stance toward the end of the box is recommended against fast-ballers.

Although it's impossible to tell a player to stand a certain way at the plate, a wide spread of the feet may prove helpful in the elementary stages. This safeguards against an early step and long stride, and prevents the boy from pulling away at the plate.

The average hitter should spread his feet about shoulder-width apart with the toes on a straight line. If it feels more comfortable, the front toe may be pointed between first and second.

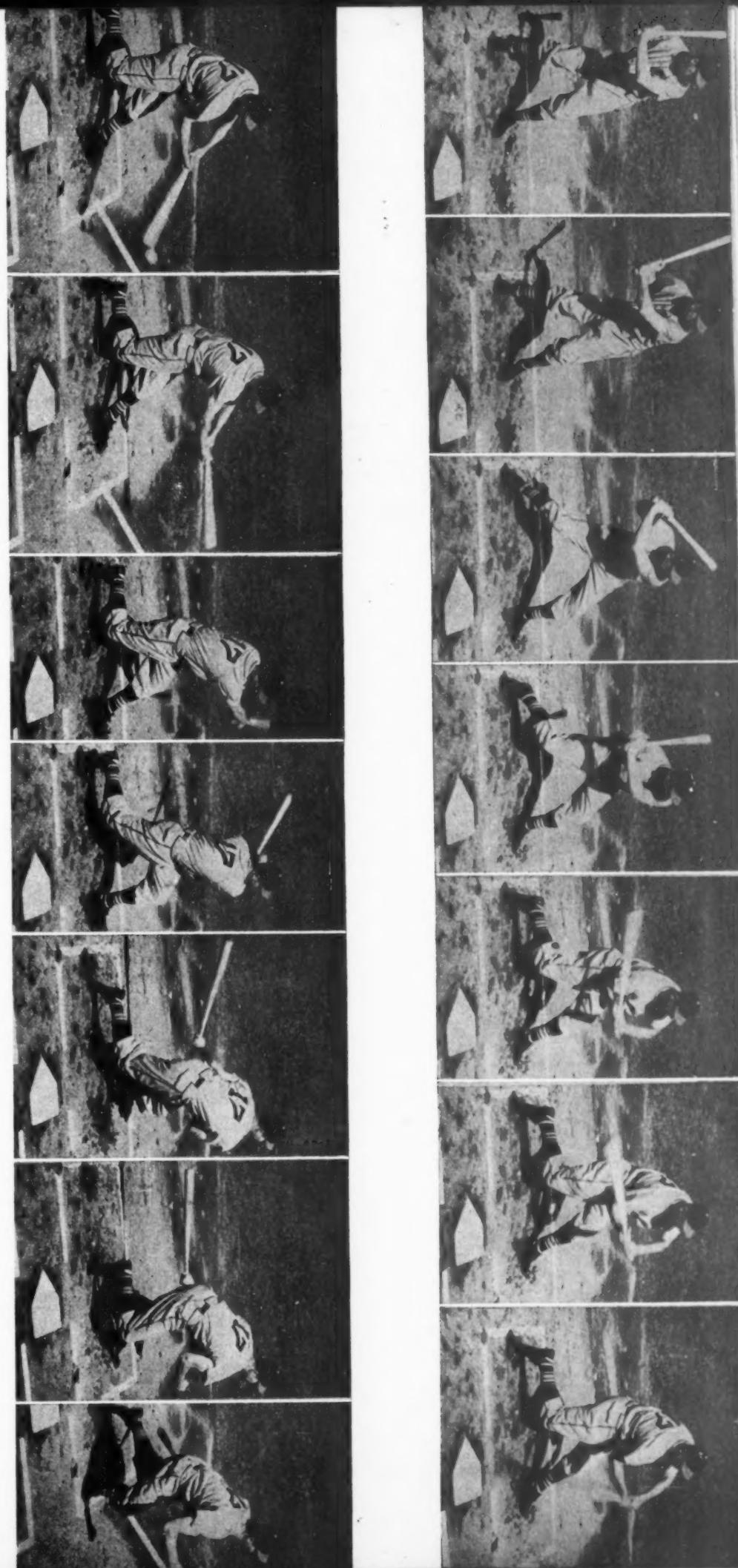
Discourage the boy from crouching. Have him stand fairly erect with shoulders and hips level. The weight should be carried over the balls of the feet, with most of it slightly back. The knees should not be locked or stiff. They should be kept slightly relaxed, in readiness for the step.

The bat is back, but not on the shoulder. The elbows are away from the body, with the right elbow pointing downward. When held correctly, the bat is on or slightly above shoulder level with the forward hand about on line with the back shoulder.

This high position facilitates the dropping of the bat for low pitches. Remember, it is always easier to drop the bat than raise it.

Step. The batter should step into every pitch with the front foot, and whip the full weight of his body behind the bat. The step should be short and low, and imperceptibly delayed until the direction of the pitch is determined.

(Continued on page 16)

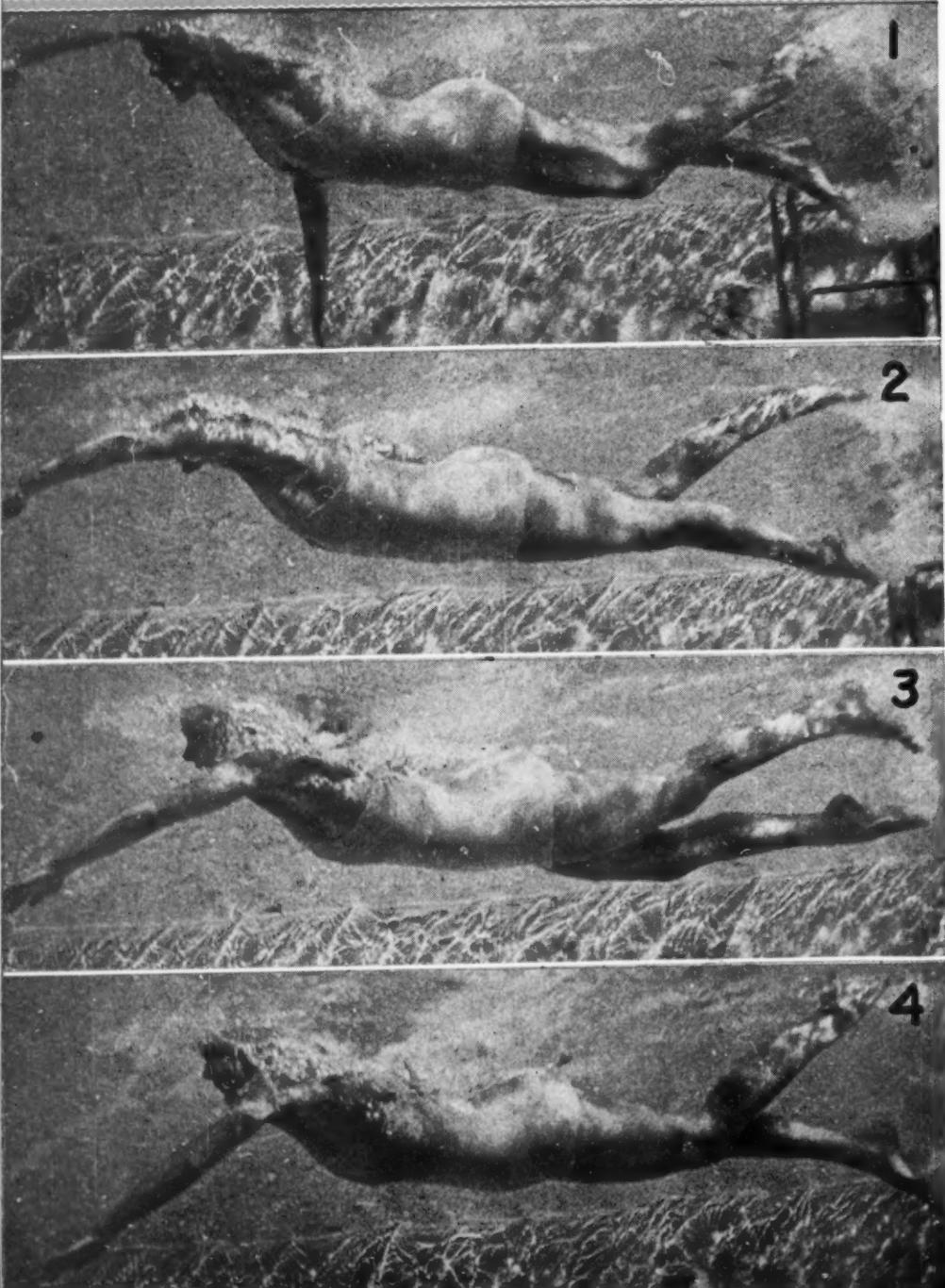


Swimming the Crawl

by Dan Fowler

Ann Curtis, America's swiftest girl swimmer, shows you how she does it. The Curtis crawl evolves from a flat position (1), with chin forward, water line at forehead. Left arm bends slightly as it begins pull (2), exerts strong pressure back under body (3-5). Legs flutter close to each other, with toes pointed (4). Knee bend increases as foot nears top (5), then leg whips down with snap of ankle. As right arm pulls (6), left heel emerges and head turns for breath. Air is expelled gradually as left arm reaches forward (7). Left hand enters water (8) as right arm is still pulling—a quick-arm recovery. In 9, both arms are pulling, with body still nice and flat.

(Photographs courtesy of LOOK, America's Family Magazine)



SUCCESS in the teaching of any physical skill depends largely upon the ability of the teacher to reduce the technique to its basic components.

The crawl stroke lends itself admirably to this system of pedagogy. The various components are given here in the order of their importance. I have had unusual success with this system and am setting it down for what it is worth.

Balance and body line

If resistance is to be reduced to a minimum, the body must be streamlined rather than angular. Stretching and flexibility exercises, adapted to the boy's muscular development and build, may be necessary to obtain this end.

The fundamental principles of body line and balance are best taught through pushing and gliding exercises across the pool. Every coach knows how an efficient push-off and glide aids in competitive swimming.

Balance is an integral part of body line. Neither is possible without the other in an efficient crawl stroke.

The problem of balance in the actual stroke mechanics may be taken up later, but proper body line must be taught early. The back should be flat, the head carried in a normal position, and the hips carried up.

Pushoffs should be given in heavy doses, with rests every few laps. The boy should get the same feeling of drive in the legs as he gets in a takeoff dive or a broad jump.

In the glide, he should strive for a full stretch extension from the toes to the fingers.

Legs and the kick

As most coaches admit, the kick is the backbone of the crawl. In the past few years, we have had to revise some of our ideas as to the ideal kick. It has been pretty conclusively established that a knee break on the recovery with a full and forceful extension of the whole leg on the upbeat, affords the most efficient kick.

This kick, which somewhat resembles the pedaling motion in cycling, is not as easy to teach as it appears. Over-emphasis on the knee break—a very common fault—ruins the kick. Time and conscientious effort are essential in the development of this kick.

The kick should be deep to get power and thrust. The shallow flutter is next to useless and usually indicates a too stiff leg type of kick.

The down thrust starts with the

of any
largely
cher to
s basic

self ad-
dagogy.
e given
impor-
success
etting it

ced to a
stream-
Stretch-
adapt-
develop-
necessary

ples of
re best
gliding
Every
at push-
petitive

part of
le with-
at crawl

in the
may be
er body
he back
rried in
ips car-

n heavy
ew laps.
e feeling
ets in a
p.
rive for
rom the

the kick
1. In the
d to re-
s to the
tty con-
a knee
h a full
e whole
he most

that re-
otion in
ach as it
the knee
t—ruins
cientious
develop-

o to get
ow flut-
usually
of kick.
with the

break of the knee, and this break starts just before the upbeat of the opposite leg. The legs balance each other while working in a smooth and rhythmic manner.

Stationary kicking on the gutters of the pool or kicking with the flutter board are the standard drills for the legs. When the kick is generating the full power of the legs, the swimmer should be able to travel down the pool with noticeable speed.

The problem of ankle and foot flexibility should not be overlooked. A kick with little or no ankle and foot flexibility only develops half, or less, of its potential.

The use of swim fins clearly demonstrates the advantage in foot flexibility, as the flexible rubber of the fin keeps a constant thrust on the water throughout the kick.

Arms

The arm work should be taken up only after steps one and two have been thoroughly mastered.

I am a firm believer in the so called "dog paddle" as the basis for the crawl arm stroke. The pupil should start with the simple circular paddling of the hands under the body and progress to the "long dog paddle," which, when learned, is the underwater cycle of the complete arm stroke from catch to release.

Preliminary work on the arms may well be started on the deck and should progress to standing in chest deep water with breath held.

When this arm stroke has been mastered; that is, when the underwater position and stroke of the arms are just where they should be, the pupil is ready for the over-water recovery of the arms.

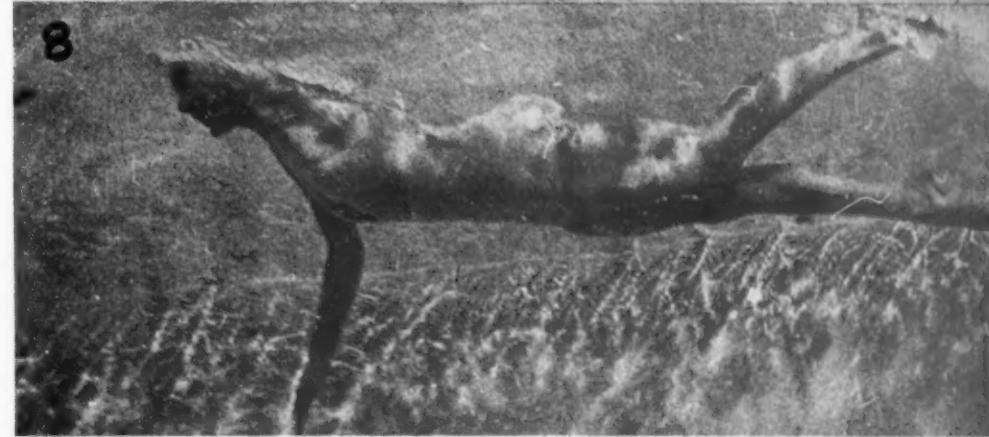
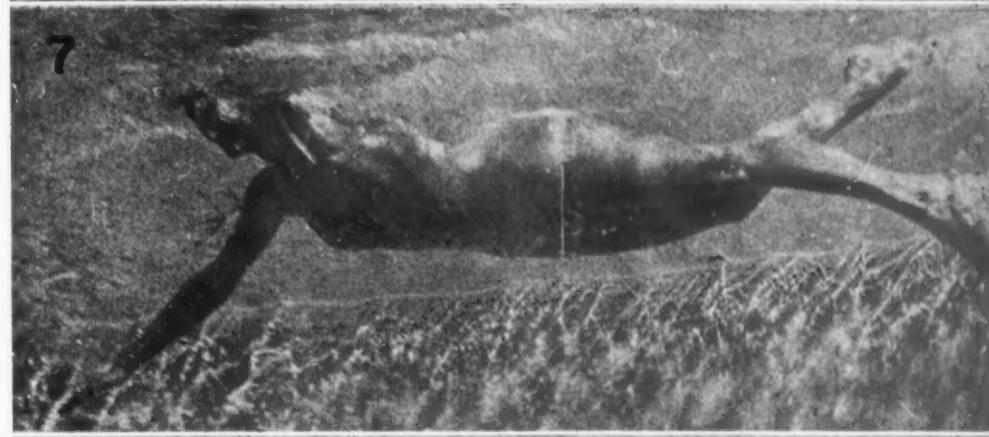
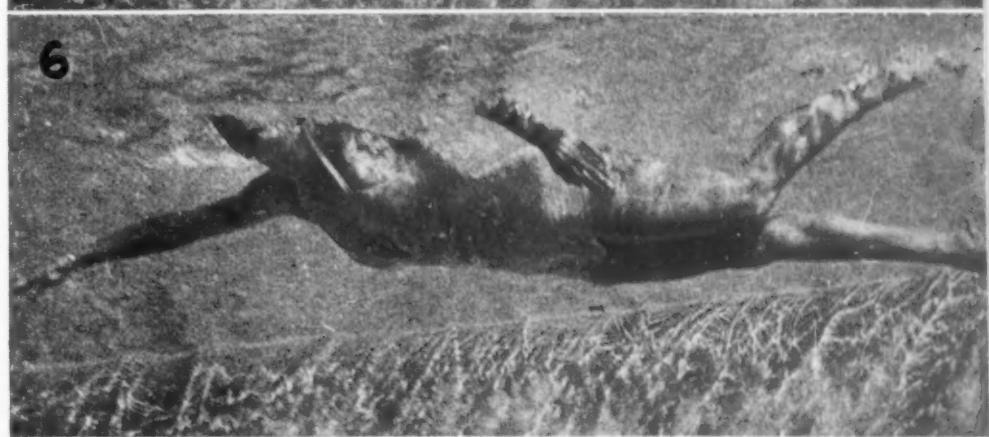
From recovery to catch (placing the hands in the water), the arms should move swiftly yet smoothly. Any hesitation in this recovery retards the feel of surge in the whole stroke when that level is reached.

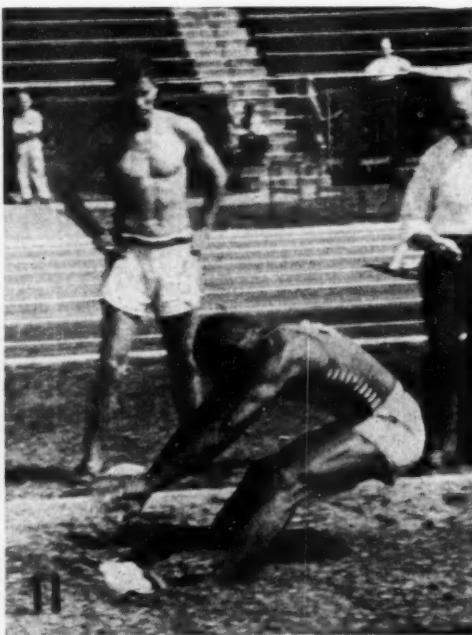
The boy should get the feel of anchoring the hand in the water and pulling the body over the arm rather than pulling the arm under the body.

The elbow leads and the hand breaks out of the water with a relaxed forearm. The hand continues past the line of the shoulder before the shoulder comes into play.

The hands cut a flat arc just outside of the elbow and drop, relaxed, into the water slightly outside the shoulder. On entry, the fingers point to a spot on the bottom about 15 feet in front of the body. Meanwhile they slowly apply forward and downward pressure. The boy must work to get the feel of press-

(Continued on page 20)

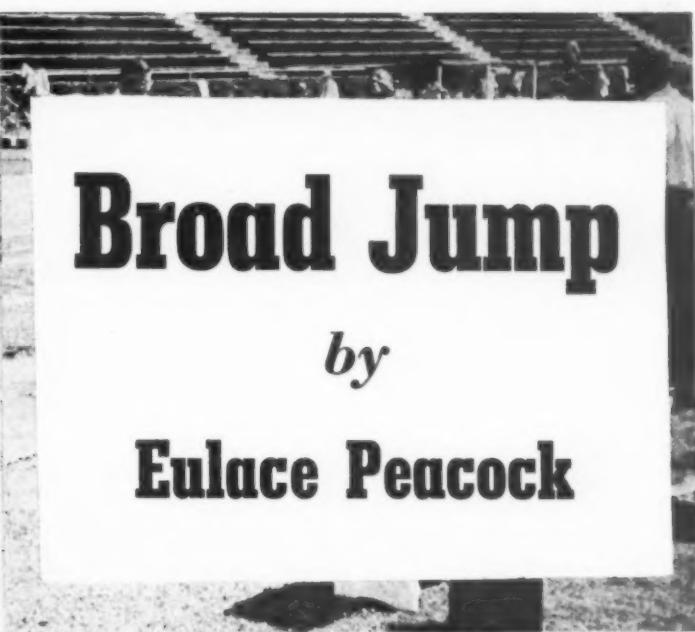
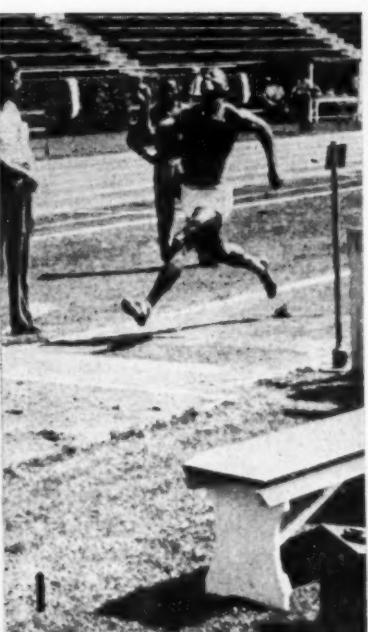




Broad Jump

by

Eulace Peacock



THE FIFTH INFILDER—THE PITCHER

By Earl Whitehill

Earl Whitehill is one of the most illustrious names in modern baseball history. A big-league southpaw for 17 years, he chalked up 218 victories in his career with Detroit, Washington, Cleveland and Chicago (Cubs). In 1933 he pitched the Senators into the world series, winning 22 and losing 8. Upon his retirement in 1939, he coached Cleveland for a year, then moved on to the Philadelphia Phillies. He is now special baseball promotion director for A. G. Spalding & Bros.

THREE is much more to pitching than meets the eye. The average fan—and plenty of green coaches, as well—think pitching is just a matter of throwing. It isn't. Throwing is the basic requisite, not the sum and substance of the art. Pitching also requires a good head, hair-trigger alertness and first-class fielding ability.

The pitcher's ability to field his position is a major consideration. Many a loss may be traced directly to the pitcher's failure to field his position intelligently and efficiently.

After delivering the ball, his first concern should be to cover his position. A good follow through is essential. It helps the pitch and insures a good base from which to initiate fielding operations.

Both the wrong and the right way of following through will be discussed so that a clearer picture of their significance may be gleaned.

First, the wrong position: The pitcher delivers the ball and finishes with all his weight on one leg. A bunt or a hit to either side or in front of him, thus catches him off balance. The time it takes him to recover his balance and go for the ball often spells the difference between a hit and an out.

So here's a cardinal rule: After delivering the ball, never remain standing with the weight entirely on one leg.

Which brings us to the right position. After the delivery, follow through quickly into a position that distributes the weight evenly over both legs. This assures proper balance and enables you to move in any direction without loss of valuable time.

Poor follow throughs are common in amateur ball. Even some professionals are guilty of it. The fault should not be held lightly. Its correction is absolutely essential to good fielding.

Pitchers may practice the technique while warming up with the catcher. Or, better yet, they may be drilled on it. As the pitcher delivers

the ball to the catcher, have a player outside the batter's box hit or bunt an extra ball to either side of the pitcher. This drill gives the pitcher a picture of the correct position and its value in fielding.

The next instruction covers the fielding of bunts—intentional and otherwise. The sacrifice bunt is attempted with a runner on first, on second, or with men on first and second, and no outs. A bunt at this time, particularly in the latter stages of the game, is to be expected and, therefore, should not be difficult to cope with.

The pitchers and infielders should be alert to the possibility at all times.

Right . . .



After delivering, the pitcher follows through quickly into a position with the weight distributed over both feet.

Ordinarily the play is made to first to assure the out. But there are times when the pitcher can play to second or third. In these situations, especially when the pitcher has his back to the play, it is up to the catcher, who has a clear view of the action, to call the play.

With a runner on second, or with men on first and second, and none out, a play can be made at third. The pitcher and third baseman must reach an understanding on the play before the ball is delivered.

The third baseman covers the bag, while the pitcher breaks fast toward the third-base side of the diamond. He takes the bunt if it's placed in that direction, and quickly throws to third for the tag or force.

If the ball is bunted along the first-base side, the first baseman, who has been playing in, fields the

In his sermon from the mound, the former big league star stresses the virtues of a good follow through

ball and makes the play to third or first. The second baseman covers first.

This particular play requires close coordination by the players and prompt decision. It should not be attempted by green teams without considerable practice.

The second type of bunt is the running or drag bunt, which is made with the idea of catching the pitchers and infielders off guard and beating the throw to first.

As you'd expect, it is usually attempted by good bunters who are fast afoot. From the pitcher's standpoint, the matter of fielding resolves mostly into a knowledge of the hitter and alertness to the batter's actions at the plate.

The next requirement of the fielding pitcher is ability to cover first on all ground balls hit to his left (along first-base side of diamond). This permits the first baseman to cover all balls in his territory. When too far off the bag to make the play himself, he must throw the ball to the pitcher.

In covering first, the pitcher should not make a direct approach to the bag. He should run to a point 15 feet short of the base and three to four feet from the foul line, then

Wrong . . .



The pitcher finishes with the weight on one leg; a bunt or hit to front or either side catches him off-balance.

proceed to the base from that point.

This allows him to run parallel with the runner the last few steps, avoiding the hazard of a collision. It also gives the pitcher a better view of the play and puts him in a better position to make it.

(Concluded on page 19)

GET READY FOR THE *Sports Boom!*

PUBLIC INTEREST in outdoor sports activities has reached a new high. Your school can best serve this growing interest and, at the same time, place your school's athletic activities on a self-sustaining basis by carrying on your sports program "under the lights". The experience of high schools, as well as that of colleges and universities, has been that when games are held at night there is a marked increase in attendance. Then too, by making it possible for more people to witness the game, under ideal lighting conditions, you are building a permanent place for your school activities in your own community.

Westinghouse Floodlighting Equipment is designed for every sportslighting need. And for assistance in planning sportslighting installations, high schools and colleges alike are invited to make use of Westinghouse engineering services, available without charge through Westinghouse Distributors. For additional information, write Westinghouse Electric Corporation, P. O. Box 368, Pittsburgh 30, Pennsylvania.

J-04086



Westinghouse
PLANTS IN 25 CITIES . . . OFFICES EVERYWHERE



The famous VRC-18 Sports Field Floodlight offers every advance design feature, among which are:

1. Swing-over Bracket, for safe maintenance.
2. Calibrated Scale, for accurate adjustment.
3. Alzak Processed Aluminum Reflector, for efficient beam control.
4. Weather-tight Construction, for satisfactory year 'round performance.

Sports Lighting



Accumulated dust, dirt and soot, coupled with faulty wiring and equipment, can easily reduce the efficiency of your floodlighting equipment by as much as 50%. Let your Westinghouse Distributor help you bring your sports lighting up to par.

WESTINGHOUSE SPORTS FLOODLIGHTING EQUIPMENT AND APPLICATION ENGINEERING SERVICES are available through 127 conveniently located Westinghouse Electric Supply Company Offices and Independent Distributors



Schoolboy Batter

(Continued from page 9)

This enables the hitter to step toward or away from the plate in accordance with the pitch.

Most batters do not delay their step, with the result they pull their hits or meet the ball on the handle.

The early step may be the best means of hitting fast balls. But it is definitely bad against soft-ball pitching. At least part of the weight is transferred from the back foot too soon. The batter thus meets the ball with little power.

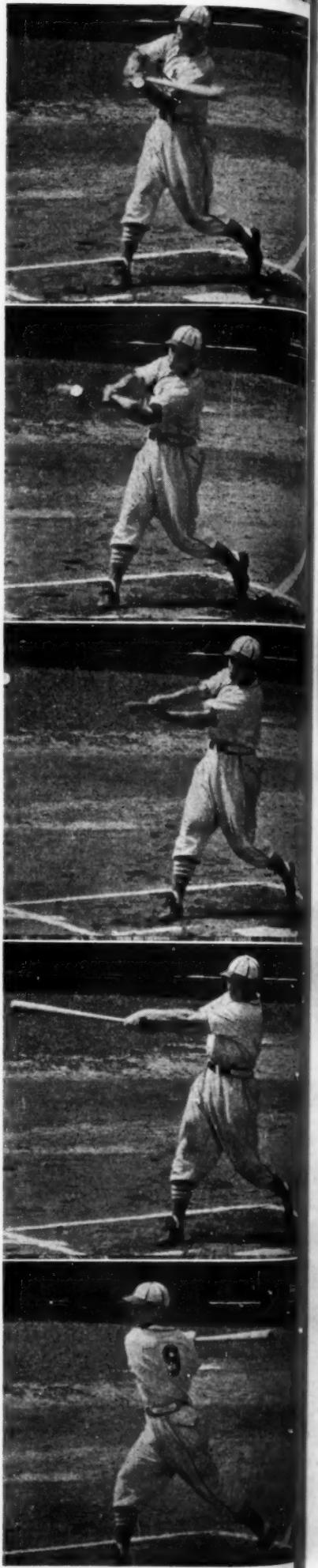
A short six to ten inch stride is normally adequate. The mental aspect notwithstanding, I believe most slumps are a direct result of the batter starting his stride before he has sighted the pitched ball. It follows, then, that a readjustment of stride may aid the batter in emerging from his slump.

Swing. The swing should be moderate in intensity, not too vigorous and not too anemic. The bat should be whipped parallel to the ground with a loose-arm action, and the wrists snapped at the moment of impact.

Impress the boy with the fact he doesn't have to swing too hard to hit for distance. An over-hard swing causes unbalance and poor timing. The faster the pitching, the more moderate should be the swing.

The schoolboy batsman, unless an extraordinary hitter, should be discouraged from teeing off against a fast-baller. By the time he brings his bat around, the ball will usually be in the catcher's mitt.

Good wrist and hand action, and lots of push with the right-hand are musts in the "cut." Emphasis should be placed on meeting the ball in front of the plate, with the

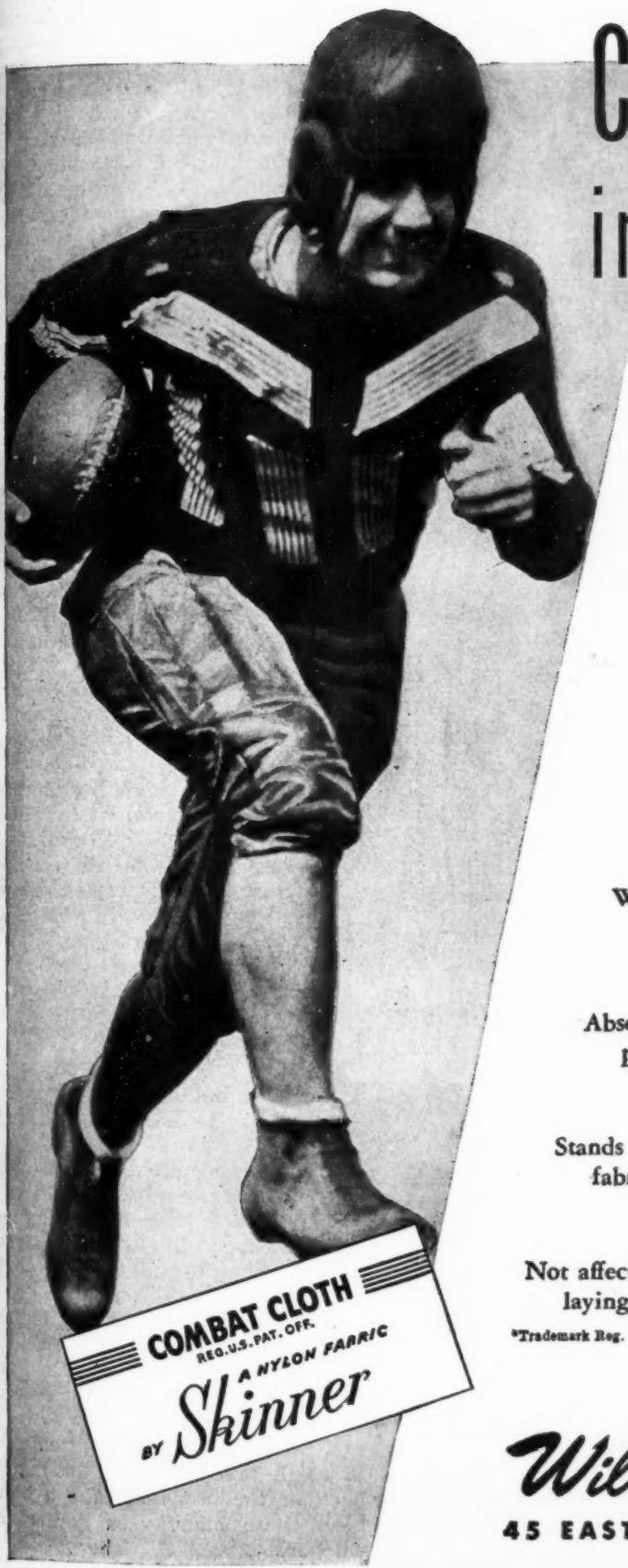


Enos Slaughter

Watching the Cardinal clean-up man in action, the observer is immediately impressed with the relaxed carriage of his body and the loose, natural action of the arms. He takes a stance deep in the box, with surprisingly little cock to his bat. But, as the ball leaves the pitcher's hand, the bat is instantly thrust back to a good high-hitting position. Step and swing are closely synchronized. As the bat comes forward, the weight starts shifting from the rear to the front foot. The shoulders are kept level and the bat is whipped parallel to the ground with a coordinated arm and wrist action. The ball is met in front of the plate with the full power of the shifting weight. (Pictures courtesy of Ethan Allen.)

Skinner's All-Nylon

COMBAT CLOTH* in football pants



For the faster, harder-hitting football that's coming up next season, see that your team has the best in equipment.

Specify **COMBAT CLOTH** a 100% Nylon fabric by Skinner, a lightweight fabric that's more rugged than even the famous *TackleTwill** ... and woven exactly the same way.

LIGHTWEIGHT

A big help to quick-starting, fast-moving teams.

DOESN'T SHRINK

Will fit the same for the closing game as for the season's opener.

RESISTS MOISTURE

Absorbs a minimum of moisture. Good for 60 minutes of play on a wet field.

HIGH ABRASIVE STRENGTH

Stands up under the rough, tough wear that makes inferior fabrics costly items.

CALCIUM CHLORIDE RESISTANT

Not affected by the calcium chloride used on some fields for laying dust.

*Trademark Reg. U. S. Pat. Off.

William Skinner & Sons
45 EAST 17TH STREET, NEW YORK 3, N. Y.

(Continued from page 16)
full power of the body behind the swing.

The boy should keep his shoulders as level as possible and watch the ball all the way into the contact. A level swing is a must to prevent fouling, to meet the ball solidly and, lastly, to offer the ball the greatest possible hitting surface.

Boys who have trouble following the pitch may be sent to the bullpen with the warm-up pitchers. There they can stand at the plate and follow every pitch in. Each pitch should be identified, with the catcher making the verification.

Common faults in swinging include: dipping one shoulder lower than the other; lifting the stepping foot high off the ground; stepping back with the rear foot; dropping the elbows; taking too big a step; stepping away from the plate into the bucket; keeping the elbows too close to the sides; and hitching the bat just prior to the swing.

During the swing, the head should be kept steady. It should act as a sort of pivot for the swing. It shouldn't be jerked away from the ball, as many batters unconsciously do.

After meeting the ball, the bat and the body should follow through in the direction of the ball. The swing should never be stopped short. The wrists should be permitted to break naturally, the right turning over the left (right-handed hitters).

A good off-season drill to develop rhythm and uniformity of swing is to swing a bat 10 or 15 minutes a day, two or three times a week.

A rubber ball that can be palmed and squeezed helps develop the strong hands and wrists so vital in wrist hitting. Nearly all the powerhouse sluggers are wrist hitters.

General observations

1. Relax, but be ready to swing
2. Offer at balls only in the strike area.
3. Make the pitcher work, especially if he is inclined to wildness.
4. With a runner in scoring position, swing at the first good strike, except when the count is three balls and no strikes.
5. It is usually advisable to take a first strike when the opponents are more than three runs ahead and the pitcher is having trouble controlling the ball.
6. When a runner is attempting to steal, take an erect position in back of the box and fake a bunt; both these maneuvers bother the catcher.

Spring's soon a-comin'...
**but SPRING ACTION
is here!**



amazing new **SPRING ACTION**
is exclusive in Sportmaster . . .

• Get your team on the scoring beam with Adler Sportmaster . . . America's only sock with Spring Action. This is the feature that creates a cradle for your feet . . . giving players a new feeling of stability . . . a new lift to their footwork. Rates high in absorbency. Today . . . then —Sportmaster for master sportsmen.

ADLER
SPORTMASTER

THE ADLER COMPANY
CINCINNATI 14, OHIO

MARCH, 1946

19

7. Whenever a boy's timing is off, send him through a long batting drill with the pitcher tossing nothing but straight fast balls.

8. Swing a few bats before stepping into the box. It will make the bat used seem lighter.

9. After meeting the ball, drop, do not throw, the bat. Do not carry it part way to first. The sooner you get rid of the bat, the more speed you can generate.

10. When a runner comes in from third, the batter coming up may guide him in—signalling whether to stay up or slide. See that all paraphernalia are removed from the runner's path.

11. Run everything out. A simple grounder or an easy fly, when fumbled or muffed, may be converted into a double by alert base running. Don't follow the ball with your eyes as you run to first. The coach will tell you exactly what to do once you reach the bag.

12. With the infield playing in, concentrate on meeting the ball rather than taking a hard swing. In short, try to hit the ball by the infielders and not over an outfielder's head.

The Fielding Pitcher

(Continued from page 14)

In some situations, however, it is necessary to run direct to the bag. This often happens when the first baseman comes in for a slow hit ball or plays the ball to second from a position that prevents him from returning to the bag to complete a possible double play.

The final phase of fielding has to do with the pitcher backing up plays to the bases, especially from the outfield. The pitcher should never stand in the middle of the diamond on such plays. He can make himself useful by backing up the baseman handling the throw. With runners attempting to score, he should back up the catcher.

On these plays, the pitcher should stand at least 20 feet behind the man receiving the ball. This gives him time to recover throws that get by the fielder and also gives him enough latitude to recover balls deflected to one side.

These are the requirements for good fielding. With study and practice, they will prove helpful to any pitcher regardless of his natural ability. He will derive much personal satisfaction out of making these plays correctly, and they will frequently pull him out of tough spots.

Sav-A-Leg* gives a player the safe-at-home assurance that makes for faster, more confident playing. The beveled black rubber apron is embedded in the ground and covered with dirt. It provides a smooth sliding surface; there are no vertical sides to catch and trip a sliding player.

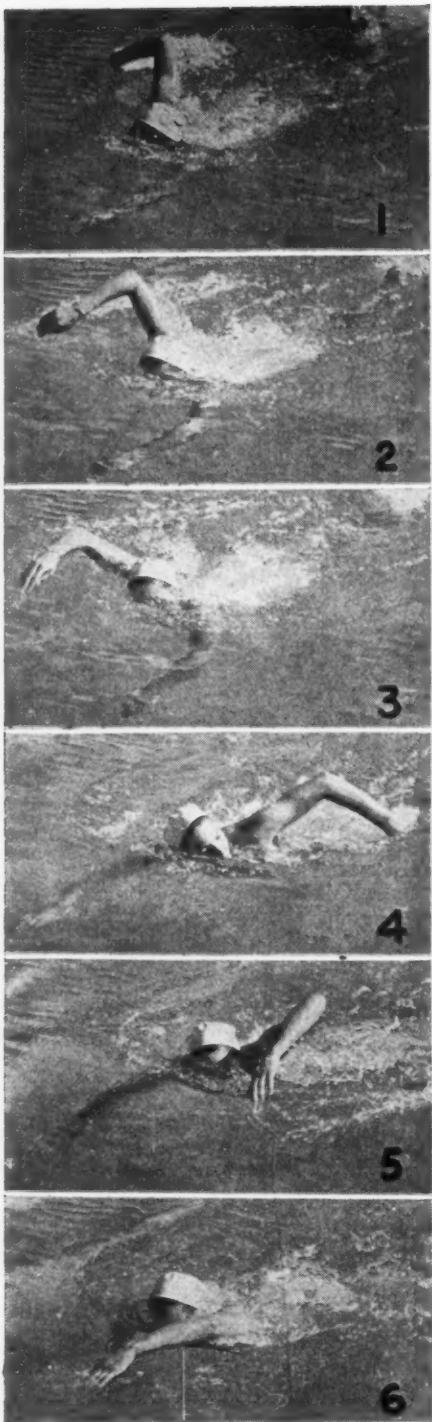
Approved by both major leagues, acclaimed by umpires and players, Sav-A-Leg* is a mechanical improvement that actually makes for a safer, faster game of baseball.

*patented.

ATHLETIC GOODS DIVISION

The SEAMLESS RUBBER Company
NEW HAVEN 3, CONN., U.S.A.
U.S. PAT. OFF. REG.

FINEST QUALITY SINCE 1877



Ann Curtis

The Curtis crawl is a song, accentuating the positive—a fine arm-and-leg synchronization—and eliminating the negative—tension. Shoulder lifts arm out of water to start recovery, elbow first, hand trailing (1). As forearm moves ahead (2), arm remains nicely relaxed.

For start of pull, arm reaches forward, palm down, and hand is aligned with forearm (3). Arm pulls and head turns easily to left for a quick breath. Lips barely emerge as mouth gulps in air (4). As left arm comes forward, head re-enters water and air is expelled through nose and mouth (5). Breath is always taken away from arm that pulls; one breath to every arm revolution. Note water line at forehead as arm is extended (6).

(Courtesy LOOK, America's Family Magazine)

Swimming the Crawl Stroke

(Continued from page 11)

ing as well as sliding on the leading hand.

The next step must be thoroughly mastered. This is the erux, as far as the arms and their timing is concerned. As the recovering hand reaches the line of the shoulders, the lead hand has reached a point about 10 inches below the surface on its press—it now goes into its power sweep, with the elbow breaking slightly to increase the leverage.

The most common arm fault is the "windmill," or one-pulling one-recovering type of arm stroke. Swimming with a small stick in the lead hand and changing it from one to the other after recovery gives the pupil the idea of sliding on the hands. It has one fault in that it over-emphasizes the slide, but its benefits justify the use.

Arms and legs

This marks the first two-part coordination in the stroke.

The six-beat crawl kick, or three separate leg kicks to each arm pull, is the most common type of kick and affords the best timing for all general purposes.

If the arms and legs coordinate poorly, the arm stroke must be cut back to the "small dog paddle" and worked slowly forward again until the complete arm stroke can be worked in conjunction with the legs.

This seldom happens, however, if the previous steps have been followed. The coordination of arms and legs usually comes along nicely where each has been mastered separately.

In the six-beat kick, the sequence of leg kicks to arms is as follows: Right leg-left leg-right leg and left arm—Left leg-right leg-left leg and right arm. The hand enters the water as the opposite leg finishes the upbeat.

This one-two-three count is where the first feel of surge is encountered in the stroke.

Get this coordination down perfect regardless of the time involved; it is the basis of a good crawl.

Breathing

Some coaches believe in starting out with breathing and breath control. I do, too—with non-swimmers, where fear of the water has to be overcome. But where the student is already a swimmer and interested in learning a stroke correctly, the breathing should be left until the

arms-legs and balance have been mastered completely.

Breathing is probably the greatest single factor in stroke faults.

First comes the control of the breath release under water. This is best learned by blowing bubbles, either stationary or bobbing.

Second, rotate the face to the side and inhale, then exhale from there to face-down position and back up to the side again. The exhale should be controlled so that the exhalation is complete as the mouth clears the water for the next inhalation.

This second step should be practiced on the deck first and then in the water.

The face should not be held too low in the water, as it has to be lifted too far for the breath. During the stroke, this will destroy the body line and balance by causing the swimmer to dive on his pressing arm during the breath.

The water line is best carried about the bridge of the nose or the forehead.

Arms and breathing

This step is very important. As previously stated, if the breathing is not worked correctly into the stroke, part or all of the stroke may break down.

With the arms and breathing techniques individually mastered, the timing of them should be as follows: On the "surge," as the recovering hand enters the water and anchors on it and the other hand is finishing its power stroke, the face turns for the breath.

Just before the recovering hand passes the shoulder line, the face goes back to the normal face-down position. The arm that was pressing forward and downward now goes into its power stroke and the shoulder follows.

Whole stroke

After these six steps have been completed, the complete crawl has the following:

1. The feel of the "surge" in the stroke.
2. No hesitation.
3. Smooth sliding through the water with no bumps.
4. The feeling of swimming downhill.
5. Easy and regular breathing.

Dan Fowler, coach at Exeter (N. H.) Academy, delivered this treatise on the crawl stroke at the symposium conducted by the Men's Swimming Committee of the Amateur Athletic Union.



STAR OF THE GRIDIRON

A flashy back breaks into the clear and heads for the goal line. An instant later the stands rise and cheer... He's over! Such performance is not by accident... nor is the outstanding performance of NOKONA ATHLETIC LEATHER GOODS. These superior products are the result of years of specialization... designs engineered at the request of leading coaches and players over the nation... and, last but not least, the handi-craft of skilled leatherworkers steeped in the traditions of their trade. Little wonder NOKONA is a "Star of the Gridiron!"



THE SOCIOLOGY OF PHYSICAL EDUCATION

By Henry F. Donn

Dr. Henry Ferris Donn is basketball coach and instructor in the department of health and physical education at Weequahic High School in Newark, N. J.

SINCE Pearl Harbor, our high schools have done a tremendous job of stepping up their physical education programs. Time allotments have been increased, new equipment added and curricula revised.

One of the main objectives has been to prepare as many boys as possible for the rigors of military service. We all became alarmed when the early draft examinations indicated that millions of men were unfit for service.

In searching for a scapegoat, statisticians and other experts pointed a finger at the high school physical education program—it had not been doing its job (so they claimed).

Most people accepted this thesis. How valid was it? A close study of the selective service reports reveals that only a very small percentage of the defects may have been prevented by a well-rounded peacetime physical education program.

Program weaknesses

Physical educators have recognized the shortcomings of their program for the past 20 years. Overcrowded classes, lack of personnel, double-duty jobs of teaching and coaching, and the lack of health-service facilities, are some of the problems that confronted practically all our educators. They realized that the job of conditioning the nation's youth was not a job they could do alone.

Statistics have proved time and again that our school children are in dire need of medical and dental attention. Such defects as poor and carious teeth, bad eyes, malnutrition, and defective posture due to fatigue are not within the province of the physical educator to correct. About all he can do is point out these defects to the child, suggest ways to remedy them and encourage the child to follow through.

At this point, the problem becomes an economical and sociological one—too great for the educator to solve alone or even with the help of existing social agencies.

True, many boys are getting indigent care and many others are

Are we being wise in exposing teen-age America to a vigorous and strenuous activity program?

paying their own medical and dental expenses. But too many fit into neither of these categories. They are neither wealthy enough to pay for these services nor poor enough to qualify for indigent care.

If we stop to analyze the total picture, we discover that the inability to obtain or purchase professional services for the correction of physical defects is but one of the many hazards confronting our young people today.

Physiological needs

The high school student is still a boy or girl in his early teens. Physiologically he requires a moderate amount of exercise, plenty of rest and sleep, and an adequate diet to take care of his daily activity needs and growth.

Spiritually he is exuberant and needs to be controlled rather than encouraged. He must follow those hygienic rules which make for abundant and wholesome living.

The job of the high school student is to attend school and make reasonable progress in his studies. In addition to his daily attendance requirement, there is the big job of assigned home work.

Extra-curricular activities ranging from stamp clubs to strenuous sports activities present another energy-consuming problem. Besides this full-time program, many students are working part-time in industry or doing work of a voluntary nature. This is indeed too heavy a load for an adolescent.

Social strains

Boys and girls in the third and fourth year of high school have another time-consuming strain-producing problem. With their maturity comes an increasing social consciousness. Dances, the theater, house parties, and the roadhouse begin taking up more and more of their time. Such pernicious habits as smoking and drinking are not unheard of. They mistakenly believe it is sophisticated and "grown-up" to puff at a cigarette or indulge in a highball.

It is logical to ask, "What does this have to do with the present

programs of physical education in the high schools?"

The answer is, "Plenty." Our high school boys and girls are a tired group of adolescents when they get to school in the morning. Most of them have had insufficient rest and sleep. Their dietary habits are poor. And, while health instruction has familiarized them with the essentials for abundant and wholesome living, the transfer of these knowledges into actual practice is another thing.

It is a serious problem to determine what kind of physical education to give these young people. Are we being wise in subjecting them to a vigorous and strenuous program of commando activities? Are we being fair in persisting in this work when our better judgment tells us not to?

Many a critic will say, "The army gives our boys a tougher program and the boys live through it." That may be so, but the army is working under ideal conditions with the pick of instructors. Our physically healthy G.I.'s are given excellent medical and dental care, their eating habits are controlled, they must go to sleep at certain hours, even their social life is supervised to an extent.

Wise procedures

What physical educator wouldn't welcome the opportunity of working with high school boys under such ideal conditions!

It is the wise physical educator who will sit down with his administrative superiors and present a program in harmony with the conditions of his community.

It is the wise administrator who will accept such a program and do all within his power to implement it.

It is the wise parent who makes it his business to inquire into the physical education program and seeks expert advice as to whether the program is doing more harm than good.

It is silly to accept in toto a program based on ideal situations. The wise teacher will adopt the physical education program to the student and not the student to the program.

The offense rests—what is your verdict?

COACH

" Our
are a
when
morning.
sufficient
habits
instruct-
with the
whole-
f these
ctice is

deter-
educa-
ble. Are
g them
us pro-
es? Are
in this
dgment

the army
rogram
... " That
s work-
with the
physically
excellent
ir eat-
ey must
rs, even
d to an

wouldn't
f work-
s under

educator
adminis-
resent a
the con-

tor who
and do
plement

o makes
into the
am and
whether
re harm

o a pro-
ons. The
physical
student
rogram,
is your

AMERICA'S

tion in

" Our
are a
when
morning.
sufficient
habits
instruct-
with the
whole-
f these
ctice is

deter-
educa-
ble. Are
g them
us pro-
es? Are
in this
dgment

the army
rogram
... " That
s work-
with the
physically
excellent
ir eat-
ey must
rs, even
d to an

wouldn't
f work-
s under

educator
adminis-
resent a
the con-

tor who
and do
plement

o makes
into the
am and
whether
re harm

o a pro-
ons. The
physical
student
rogram,
is your

COACH

AMERICA'S

tion in

" Our
are a
when
morning.
sufficient
habits
instruct-
with the
whole-
f these
ctice is

deter-
educa-
ble. Are
g them
us pro-
es? Are
in this
dgment

the army
rogram
... " That
s work-
with the
physically
excellent
ir eat-
ey must
rs, even
d to an

wouldn't
f work-
s under

educator
adminis-
resent a
the con-

tor who
and do
plement

o makes
into the
am and
whether
re harm

o a pro-
ons. The
physical
student
rogram,
is your

MARCH, 1946

23

MacGregor GoldSmith

Official 97 League

**9 INCH 5 OZ.
HORSE HIDE COVER**

Adopted as Their Official Ball by

MacGregor GoldSmith Inc.

KeepFit

A LETTER-AWARD SYSTEM WITH A POINT

By Eugene V. Kennedy

Eugene V. Kennedy coaches at Fillmore (Cal.) Joint Union High School.

ANY type of prize, to retain its significance and value, must be difficult to earn. Especially is this true of the school letter. Too many schools have made a joke of the award—doling it out with the reticence of a sailor on shore leave.

This wholesale distribution is inimical to its welfare. While the school letter should be within reach of everybody engaged in sports, it should be made difficult to earn so that the wearer is entitled to the respect it commands.

That, in brief, is the purpose of the Fillmore athletic award system. Based on a comprehensive and graduated scale of points, it makes the boys work for their letters. The scale of points is outlined in the accompanying table.

To win his letter, a boy must earn 500 points in one season of one sport, or a total of 600 points, provided that 300 are competitive points.

The sports seasons are judged on the following basis:

Football: varsity, 8 games; jayvee, 4 games.

Basketball: varsity, 15 games; jayvee, 8 games.

Track: 4 dual, Russell Cup and League meets.

Baseball: varsity, 12 games (90 innings); jayvee, 6 games.

Tennis: 8 matches.

If the schedule does not come up to these standards, the points are proportionately raised.

Quitters penalized

No points are awarded any one who quits before the end of the season, except by special permission of the coach of that sport.

The first varsity letter award (chenille) may be based on point earnings over a period of years. The second (felt) must be earned in one school year.

Appropriate gold charms are presented to all lettermen on a football, basketball or baseball team winning the divisional championship; as well as to each individual who places in the Southern California track and field meet, swimming meet or tennis championship.

Upon graduation, the boy who

To win his F, the Fillmore athlete must amass at least 500 points in one season of one sport.

1. Season participation in intramural or interscholastic sport	50 pts.	
2. Football (per quarter)		
Varsity	20 pts.	
Varsity, divisional play-off	30 pts.	
Junior varsity	15 pts.	
3. Basketball (per quarter)		
Varsity	10 pts.	
Varsity, divisional play-off	15 pts.	
Junior varsity	7 pts.	
4. Track and Field, Swimming		
Each interscholastic meet	20 pts.	
Each point scored in:		
(a) Interclass meet	5 pts.	
(b) Dual meet	10 pts.	
(c) Triangular meet	15 pts.	
(d) League and divisional meet	20 pts.	
(e) Russell Cup meet	20 pts.	
(f) Southern California meet	25 pts.	
(g) State meet	30 pts.	
Relays to score as follows:		
(a) Dual meet	2 pts.	
(b) Others:		
Triangular	League	So. Cal.
1st	3 pts.	5 pts.
2nd	2 pts.	4 pts.
3rd	—	3 pts.
4th	—	2 pts.
(Races 440 yards and longer yield 1½ times the above points.)		
5. Baseball (per inning)		
Varsity	7 pts.	
Varsity, divisional play-off	10 pts.	
Junior varsity	5 pts.	
(Catchers and pitchers receive 1½ times the above points.)		
6. Tennis (each match)	20 pts.	
Additional points for competing in:		
(a) 1st singles	5 pts.	
(b) 2nd singles	4 pts.	
(c) 3rd singles	3 pts.	
(d) 4th singles	2 pts.	
(e) 1st doubles	4 pts.	
(f) 2nd doubles	2 pts.	
7. Managerial		
Head manager (each sport)	150 pts.	
Assistant	100 pts.	
8. Perfect attendance	25 pts.	
(10 pts. deducted for each unexcused absence.)		

has earned the most points in his four-year career is adjudged the outstanding athlete of his class and has his name engraved on a permanent plaque. No more than 1,000 points may be earned in any season of one sport.

The awards are presented at an annual dinner near the close of each school year. All boys who have earned athletic letter points are eligible to attend.

The system is so well established that, with slight variations, it was possible to continue it during the war despite the curtailed interscholastic competition. It was only necessary to tie in a strong intramural program with the limited interscholastic games the school was permitted to have.

Our boys are very point conscious and keep personal running scores on their point earnings.

MARCH, 1946

25

VOIT FIRST-AGAIN

THE FINEST PERFORMANCE...
UNDER ALL PLAYING CONDITIONS
OVER THE LONGEST PERIOD OF TIME

FOR AMERICA'S PLAYGROUNDS

Bouncing back onto American Playgrounds the Voit complete line of general utility balls for school, gymnasium, playground, camp, water and home. Molded from highest grade, rich black, smooth, heavy rubber, the Playground line is ideal for all types of group games. Available in sizes, six to sixteen inches in diameter. See your Voit Dealer tomorrow.



MEMBER
ATHLETIC
INSTITUTE

W. J. VOIT RUBBER CORP.

1600 E. 25th Street, Los Angeles 11 • 180 No. Wacker Drive, Chicago 6



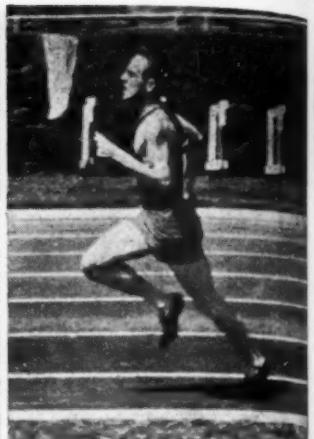
1



2



3



4

NEW JERSEY'S TRACKLESS WONDERS

by James M. Macfarland

When a vice consul of the United States (to Canada) submits an article on track, that's news! And it demands further explanation. Mr. Macfarland writes: "Despite the absence of any type of track in the community, the Mountain Lakes (N. J.) High School track team has made quite a name for itself. So much so that while I was home on leave last Thanksgiving, I was moved to write this story. I never attended the school because there was no high school in town when I was a schoolboy. However, I lived in the community for more than 30 years prior to entering the Army in 1943. For ten of those years, I was a free-lance newspaper and magazine writer. Upon being discharged from the Army in 1944, I entered the Foreign Service."

EVERY now and then, some school or college will crop up with a "wonder" team—a baseball, football or basketball team which will capture the imagination of fans and sportswriters with their winning ways and flair for the spectacular.

All of which makes the Mountain Lakes "wonders" the more remarkable. This little northern New Jersey community boasts a "trackless" track team which is winning so

many cups and ribbons that the school's trophy case is beginning to complain.

Mountain Lakes High School has no running track, never has had one, and won't have one for at least another year. Yet this school of fewer than 100 male students has won every dual meet in regional competition for the past three years—and against some institutions with a thousand students. It captured second place in the Penn Relays and climaxed the past season by placing fourth in the New Jersey State meet.

While the Mountain Lakes runners, jumpers and weight-throwers have been short on equipment and proper facilities, they have been long on ingenuity and perseverance. This, coupled with the resourcefulness of coach Richard (Dick) Willing, has accounted for their phenomenal success and ever-increasing pile of press raves.

The track team was organized six

years ago by Willing, a former distance runner at the University of Wisconsin. The first few seasons saw the boys badly trounced, but even in losing they won the admiration of the sportswriters and rival coaches. You couldn't help respecting the doughty band of runners and weight-men who were willing to compete against larger institutions despite a terrific handicap.

In 1942, Mountain Lakes served notice it was an up-and-coming team by tying for second in the Morris County championships. The following year it literally annihilated its opposition and walked off

(Continued on page 63)

5



6



7



8



C.



DANDUX.. that's IT!

More and more coaches and athletic directors are voicing their approval and acceptance of Dandux Sporting Goods in a manner that shows they mean it... they're equipping their teams with "DANDUX". These mounting orders conclusively prove how widespread the initial enthusiasm, that greeted the arrival of "DANDUX", has grown.

This professional recognition is based on an unusual combination of factors that contribute to Dandux EXCELLENCE. . . . A quarter Century of experience in manufacturing Canvas & Leather Goods . . . Cotton Duck made in our own mills . . . Improved designs . . . Five factories and branch offices, coast to coast, assuring prompt delivery.

Ready for delivery NOW is the Dandux Baseball line: durable baseball bases, strongly constructed catchers chest protectors and leg guards, well made umpires chest protectors, toughly fabricated duffle bags, bat bags and uniform bags.

Send for the 1946 DANDUX CATALOG. The complete line of Dandux Sporting Goods is fully described and illustrated. Also contains list prices. Send for it TODAY!



C. R. DANIELS, INC.

• DANIELS, MARYLAND



WHAT shall I teach my boys first? Shall I give them batting, fielding or base running? How much inside stuff can they absorb? How fast can they be moved along in early-season practice?

These and a hundred other posers plague the high school baseball coach every spring. The term "high school" is used advisedly. The college and professional coaches do not have such worries. With experienced material to work with, they can start on a much higher level.

After 13 years of coaching, I am convinced that most schoolboy coaches give their kids too much deep stuff. They forget that most of the boys are really playing the game for the first time.

It's one thing to play in a corner lot, where the fellow who owns the ball and bat gives the orders. It's something else to play under the critical eye of a professional coach.

Hence, it behooves the coach to make his early sessions as easy as possible—a simple throw, an easy pickup, an easy ball to hit at.

And here let me add that your practice pitchers can make or break a batter. Pitching candidates always want to fog the ball in and strike out every batter, even after they're told to take it easy, that you're not interested in seeing any hard stuff or curves for a while.

Remember, even the high school pitcher is ahead of the batters in early spring. He is very wild, to boot—a combination of factors which spells danger to kid batters. At this stage of the game, being hit by the pitcher or failing completely to hit the ball may ruin the confidence of potentially good batters.

So make your practice program easy. Let the boys hit the ball. Nothing will give a boy more confidence than stepping up and smacking a few on the nose. And nothing will make him more crestfallen than to strike out in the early practices.

At the same time, keep close tabs on your pitchers. Have them work on form, following through on every pitch and improving their control.

A couple of baseball films always come in handy around the middle of March. I try to get one film on fundamentals and another on big league play. The pros make the game look easy, giving the boys the idea right away. Remember, 90 percent of most schoolboy squads have never seen a big league game.

Don't rush through the films. Give yourself plenty of time to point out the highlights, stopping

the camera and going back over certain pointers.

If possible, run the films over twice. It's astonishing how many fine points are missed the first time. Keep stressing how easy it is to do things right, once you've learned the proper technique.

Go outdoors as soon as possible. You'd be surprised how many coaches would rather practice in a gym than risk a few cold breezes. Bundle up and go out, I say! The amount of good practice you get in a gym is far outweighed by the harm.

First, it's dangerous. Second, balls don't bounce naturally. And, third,

MAKE BASEBALL EASY!

by A. W. Roberts

A. W. Roberts' baseball teams at Ellenville (N. Y.) High School have lost only four games in four years and only two in the past three years. Last season, his team was undefeated, winning its third straight Duso Village League championship.

the boy gets an exaggerated opinion of his speed and may injure his arm.

If it is impossible to go out, use the time for skull sessions on signals, rules and the correct stances for batting and fielding. Make them all easy. Don't go into the tougher rules at the beginning. Wait until the boys have assimilated the easier ones. Show how much easier it is to bat or field from a correct stance than from a poor one.

Out on the field, it is wise to start with the fielding of easy grounders. Before delving into the regular chores, have the boys play "pepper" for at least a half hour a day for a week. This has three purposes:

1. It is the one way to warm up a schoolboy without having him throw his arm out.
2. It offers the boy a chance to get his eye on the ball and to sharpen his coordinations.
3. You can get a close-range view

of the candidates and make general corrections and observations.

Next, split the candidates into two groups—outfielders and infielders—for work on easy grounders and fly balls. Hit balls they can catch and field, with only a short throw to first or (for outfielders) to the hitter.

Concentrate on smooth, easy throwing, with emphasis on control, not speed.

Most kids like to take at least two hops after fielding a grounder or catching a fly. Always demonstrate the difference this makes on the close plays. Have a runner start for first at the crack of the bat. If he has any speed, he will usually beat out the hit.

After correcting the flaw, hit the ball to the same place. This time, with an easy pickup and throw, the fielder should get the runner by two steps.

After a few days, if the weather holds up, start gradually moving the infielders and outfielders back. Allow the infielders to throw around the bases very easily, stressing the pivots and spots to throw to, rather than speed.

The outfielders may practice easy tosses to the bases, stressing follow through and getting the ball to the baseman knee high. Work this in during batting practice. It saves time and gives the players a chance to judge, catch and throw balls hit by high school batters. There is a distinct difference between the balls batted out by an adult, particularly a coach, and those hit by a schoolboy.

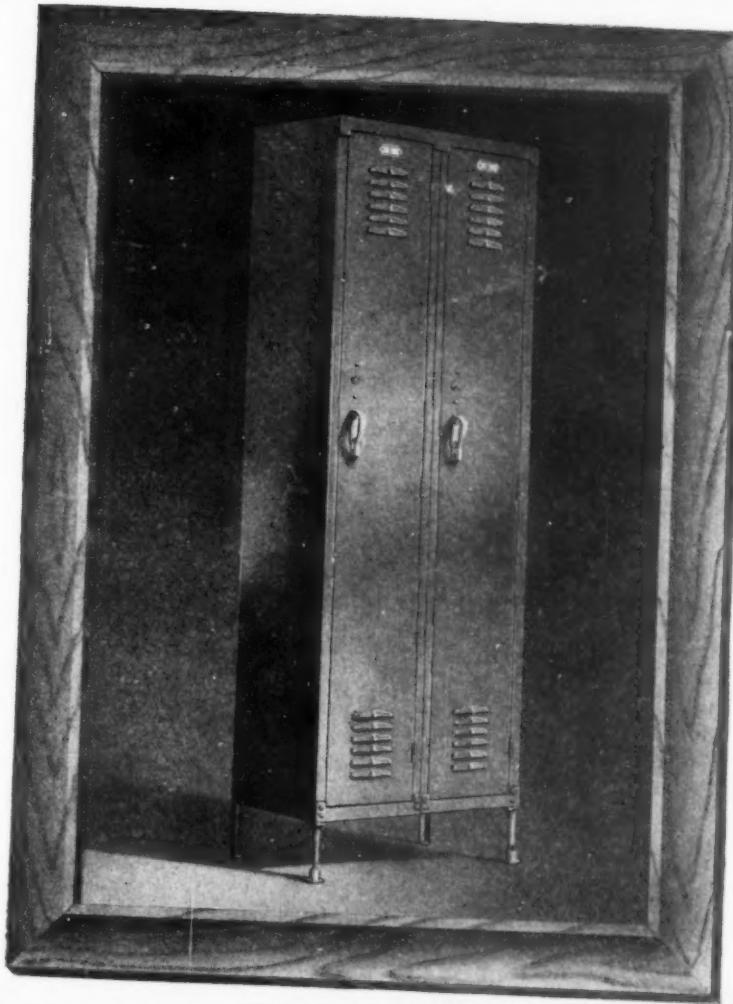
While practically all coaches make the batter run out his last hit or bunt, how many make him stay on first and use good judgment in running out the next two or three hit balls?

This, I find, offers invaluable experience. It:

1. Makes the batting practice pitcher take the proper stance on the mound, and teaches him to keep runners close to the bag.
2. Puts every infielder and outfielder on the alert and in proper position.
3. Teaches the defensive team to think a play ahead—to which base the ball must be thrown.
4. Teaches the runner to take a lead and play fly balls right.
5. Gives the coach a good idea of the runner's speed and sliding ability.
6. Offers the catcher good practice in getting the ball away fast and accurately.

(Continued on page 61)

IN THE PICTURE AGAIN!



MEDART STEEL LOCKERS

"THE STANDARD OF COMPARISON"

READY FOR DELIVERY IN THE NEAR FUTURE . . . famous Medart Steel Lockers . . . proved by more than a quarter of a century of use in America's leading high schools and universities! Place your order now to insure delivery at an early date. Do you have installation problems? Consult Medart engineers without cost or obligation. Remember! There are other lockers that have some features that were originally developed by Medart . . . only MEDART LOCKERS have ALL those features which have earned for Medart the slogan: "THE STANDARD OF COMPARISON"

MEDART BUILDS AMERICANS



FRED MEDART MANUFACTURING CO.
3533 DeKalb St., St. Louis 18, Mo.



Wanted: TWO Umpires!

PLAY Ball! The umpire assumes his position behind the catcher, ready for the first pitch.

Wham! The ball bounds toward the shortstop. The batter heads for first, followed closely by the umpire. As the umpire runs, he takes off his mask with one hand and holds onto his chest protector with the other.

The shortstop throws to first ahead of the runner, and the umpire calls him out. He then jogs back behind the plate, adjusts his mask and protector, and is ready for the next batter.

He doesn't wait long. This batter hits the first pitch between the left and center fielders. He heads for first, followed by the umpire who again removes his mask and, at the same time, tries to hold onto his chest protector.

As the batter rounds first, the umpire cuts into the diamond half-way between first and home and heads for second. It's a three-cornered race among the runner, the ball and the umpire. All three arrive within a fraction of a second of each other (the umpire usually last), but the runner gets there first and is called safe.

The umpire then calls time, runs to the foul line (either one), drops his mask and protector in foul territory, and hustles out to his position behind the mound, ready for the next hitter.

And so it goes, inning after inning, in a normal high school ball game. The reason for it all is—the

by Ed H. Boell

One of the outstanding fullbacks and pitchers in the East while an undergraduate at New York University, Edward H. Boell now coaches at Great Neck High School, Long Island, N. Y. On the side, he is a hard-working basketball and baseball official.

lonely umpire. He's working alone and probably not liking it.

These are just a few of his infinitesimal duties. In addition, he is always confronted with the possibility of being outsmarted.

For example, he can hustle into position for a certain play, only to have the fielder with the ball throw to another base, thus leaving him with the unhappy necessity of making a decision at a base at least 90 feet away. (There must be an easier way to make a living!)

In order to get through one of these games before six o'clock dinner time, the umpire must be a combination of Bill Klem, Glenn Cunningham, Jesse Owens, and a member of a Board of Arbitration.

My plea is for the high schools to use two men on the diamond. The single umpire is rarely in good position to call a close play. He is usually on the move at the time for decision and very often much too far removed to be really "on the ball," both figuratively and literally.

In football, our schools hire three officials—in some cases, four. In basketball, most schools have two men handle their games. But when it comes to baseball, our national sport, only one man is deemed

necessary. And it isn't because coaches think the baseball umpire is more competent than the football referee and his two assistants, or the basketball referee and his assistant.

Far from it! The baseball umpire takes much abuse in the form of arguments, jams and rhubarbs from both teams, their coaches and their fans.

The major leagues, the minor leagues, the semi-pros and the colleges, all use at least two umpires. There are some high schools using two men, but these schools are definitely in the minority. The greater number use — one lonely umpire.

Strange as it may seem, the three football officials and the two basketball officials individually receive more money for their work than the baseball umpire, who is expected to work alone!

The answer the athletic director usually gives is, "We don't make any money on baseball." True, few schools make money on baseball. But the schools are not in business to make money on their athletic teams.

Varsity sports are considered part of the physical education program, and as such, should be financially supported by the board of education. They should not have to depend on gate receipts for their existence.

Assuming a normal high school baseball schedule runs around 16 games, let's see just how much money is involved in this deal.

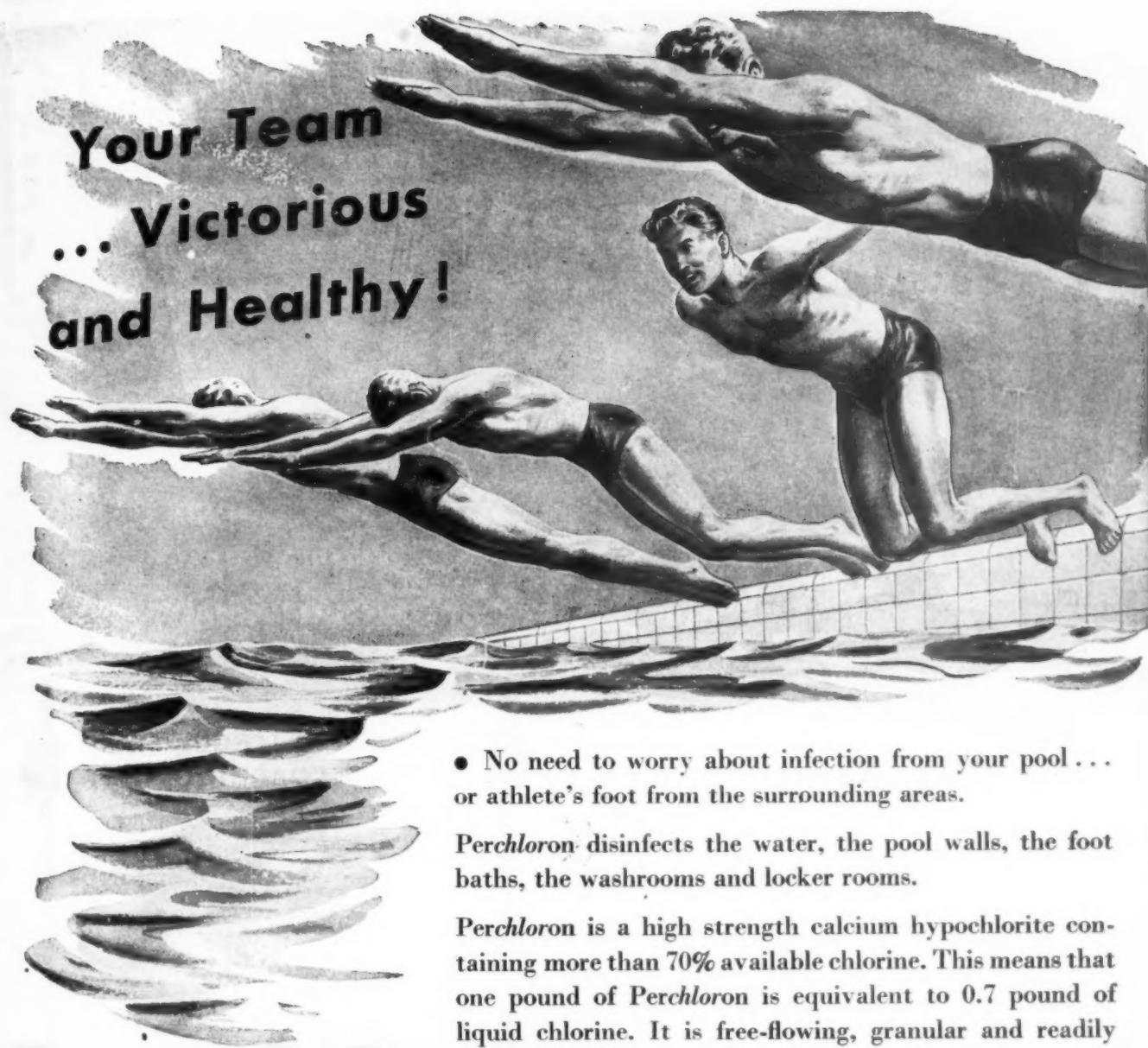
Approximately half the games are at home. At the current rate of pay for baseball officials in my section, \$7.50 per game, this would entail an additional \$60 for another umpire.

Compare this with the expenses involved for football officials. The current rate in my section is \$15 per man. Three times 15 is \$45. Four home games would come to \$180.

Basketball schedules usually hit the top of 18 games in my (Great) Neck of the woods. Nine home games at \$10 each for two men come to \$180. Add to that \$5 for one official for jayvee games, and you arrive at a total of \$225.

These are the figures as I see them: Football, \$180; Basketball, \$225; and Baseball, \$120.

By putting two men on the diamond and doubling the expense, baseball umpires would still cost less than football and basketball officials. How about it, you athletic directors? Can you dig up \$60 in your budget?



Your Team
... Victorious
and Healthy!

- No need to worry about infection from your pool . . . or athlete's foot from the surrounding areas.

Perchloron disinfects the water, the pool walls, the foot baths, the washrooms and locker rooms.

Perchloron is a high strength calcium hypochlorite containing more than 70% available chlorine. This means that one pound of Perchloron is equivalent to 0.7 pound of liquid chlorine. It is free-flowing, granular and readily soluble in water.

Perchloron is shipped in 5 lb. cans, 9 cans to a case, or in 100 lb. drums.

Perchloron

REG. U. S. PAT. OFF.



Clean your pool with TILITE

Tilite removes imbedded dirt, rust and most stains. And a Tilite-cleaned surface is safe. No danger of slipping because Tilite contains no slippery soap.

**PENNSYLVANIA SALT
MANUFACTURING COMPANY
Chemicals**

1000 WIDENER BUILDING, PHILADELPHIA 7, PA.

New York • Chicago • St. Louis • Pittsburgh • Cincinnati • Minneapolis • Wyandotte • Tacoma



ORDER COPIES
FOR YOUR
ENTIRE SQUAD

"WANT TO BE A BASEBALL CHAMPION?"

(THE OFFENSIVE GAME)
By Ethan Allen

CONTENTS

- YOU CAN LEARN TO HIT**
Featuring Phil Cavarretta, Chicago Cubs
- POSITION AT THE PLATE**
Featuring Hank Greenberg, Detroit Tigers
Johnny Mize, New York Giants
- STANCE AT THE PLATE**
Featuring George McQuinn, Philadelphia Athletics
- GRIPPING THE BAT**
Featuring Hal Wagner, Boston Red Sox
- THE STRIDE AND SWING**
Featuring Nick Ettin, New York Yankees
- THE SACRIFICE BUNT**
Featuring Whitey Kurowski, St. Louis Cardinals
- THE SHORT BUNT**
Featuring Vern Stephens, St. Louis Browns
- THE DRAG BUNT**
Featuring Goodwin Rosen, Brooklyn Dodgers
- THE PUSH BUNT**
Featuring Marty Marion, St. Louis Cardinals
- BATTING TIPS**
Featuring Johnny Mize, New York Giants
Charlie Keller, New York Yankees
Mel Ott, New York Giants
Tommy Holmes, Boston Braves
Rudy York, Boston Red Sox
Walter Judnich, St. Louis Browns
- HOW TO BECOME A GOOD BASE RUNNER**
Featuring Dixie Walker, Brooklyn Dodgers
- BREAKING FROM THE PLATE**
Featuring Mel Ott, New York Giants
- RUNNING TO FIRST**
Featuring Johnny Hopp, Boston Braves
- TOUCHING THE BASES**
Featuring Bill Nicholson, Chicago Cubs
- LEADING OFF BASE**
Featuring Stan Hack, Chicago Cubs
- SLIDING ON TAG PLAYS**
Featuring George Case, Cleveland Indians
- SLIDING ON FORCE PLAYS**
Featuring George Myatt, Washington Senators
- WHAT TO DO ON FLY BALLS**
Featuring Tommy Holmes, Boston Braves
- THE DOUBLE STEAL**
Featuring Ron Northeim, Philadelphia Phillies
- RULES OF BASE RUNNING**
Featuring Jeff Heath, Washington Senators
- BASE RUNNING TIPS**
Featuring Frank Guscine, Pittsburgh Pirates
- FLASHING SIGNALS**
Featuring Lou Boudreau, Cleveland Indians

ADD 34 BIG-LEAGUE STARS
TO YOUR COACHING STAFF



LEW FONSECA
has 25 years experience as player, manager (Chicago White Sox) and Promotional Director of the American League. Thoroughly qualified as a student, instructor, and promoter of the game, Lew Fonseca deserves the title, Professor of Baseball.



ETHAN ALLEN
played 13 years of big-league ball, has been writing, teaching, and promoting baseball since his retirement to direct and produce movies for the National League. Allen has a M.A. in physical education, Columbia University. He has planned and conducted baseball schools, including the New York Journal-American's annual baseball clinic. He was recently appointed Head Baseball Coach, Yale University.



CARL NORDLY
is over-all director of Wheaties Library of Sports. Professor of Physical Education, University of Minnesota, Dr. Nordly is nationally famed as an author, coach and lecturer. He recently served as civilian consultant for the U.S. Army's athletic program.

OPEN THESE NEW BOOKS!



"Want to be a BASEBALL CHAMPION?"

(THE OFFENSIVE GAME)

By Lew Fonsca

LEARN TO PITCH

Jack Borowy, Chicago Cubs

ON THE PITCHING MOUND

Dick Walters, Cincinnati Reds

AND FOLLOW THROUGH

Dick Walters, Cincinnati Reds

Wrist Action, And Control

Bob Feller, Cleveland Indians

THE FAST BALL

Eugie Trucks, Detroit Tigers

THE CURVE

Eugie Trucks, Detroit Tigers

THE SLOW BALL

George Pasreau, Chicago Cubs

Signals and Position, Tagging Runners

Featuring Hal Wagner, Boston Red Sox

Shifting and Throwing, Fielding Bunts

Featuring Rick Ferrell, Washington Senators

Handling Ground Balls, Handling Bunts

Featuring Marty Marion, St. Louis Cardinals

END FLY RULE

George Myatt, Washington Senators

TIPS

Tommy Hack, Chicago Cubs

George McQuinn, Philadelphia Athletics

Andy York, Boston Red Sox

Eddie Walker, Brooklyn Dodgers

Tommy Holmes, Boston Braves

Jeff Heath, Washington Senators

END—Handling Fly Balls, Handling Ground Balls

Charlie Keller, New York Yankees

ENSE AGAINST BASERUNNING

CHER

Hank Wyse, Chicago Cubs

CHER

Dick Ferrell, Washington Senators

AT SECOND BASE

END BASEMAN

Frank Gustine, Pittsburgh Pirates

ERTSTOP

Vern Stephens, St. Louis Browns

OFF PLAY

Whitney Kurowski, St. Louis Cardinals

DAY COMBINED WITH RELAY

Frank McCormick, Philadelphia Phillies

FROM THE OUTFIELD

Bob Elliot, Pittsburgh Pirates

DRILLS FOR TEAM DEFENSE

Lou Boudreau, Cleveland Indians

HAND YOUR TEAM THE FUNDAMENTALS of champion baseball in interesting, informative, easy-to-learn form. Give them the latest books in Wheaties famous Library of Sports—published just in time to help you get the baseball season off to a winning start.

TWO OF AMERICA'S BEST KNOWN players, teachers, and students of baseball compiled and edited these exciting books. Thirty-four famous big-league stars posed for the many action photos that show exactly how to pitch, catch, hit, run, and field. We've packed these pointers and pictures into two handy 32-page manuals—put the basic principles you drill in daily practice sessions into permanent reference form. These books are naturals to supplement your regular coaching program.

MAIL COUPON BELOW to obtain copies for your squad (or write on official stationery). This is easier, surer than asking each boy to obtain his books under the individual order plan which is our normal method of distribution.

SEND NO BOX TOPS. Regular box top requirements have been eliminated on special team orders submitted by a coach or athletic director. Just attach your check or money order to cover cost of printing and mailing (5c per book).

THESE ARE NOT GIVE-AWAY BOOKS! They contain no advertising. You get standard editions of books soon to be added to Wheaties famous Library of Sports—the same authentic sports manuals which will be featured in national advertising and on the back of every Wheaties package.

SEND YOUR ORDER TODAY.

Or write for sample copies.



"Wheaties" and "Breakfast of Champions" are registered trade marks of GENERAL MILLS, INC.

SPECIAL TEAM ORDER FORM

Wheaties Library of Sports
Dept. 189, Minneapolis, Minnesota

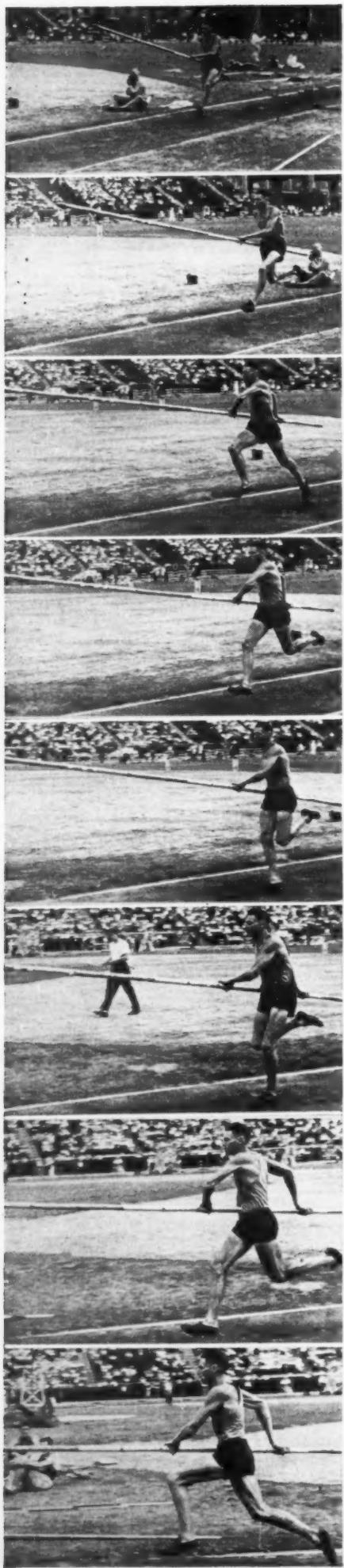
Please send me _____ copies of "Want to be a Baseball Champion?" (The Offensive Game) by Ethan Allen—and _____ copies of "Want to be a Baseball Champion?" (The Defensive Game) by Lew Fonsca. I enclose 5c for each book—to cover cost of printing and mailing.

Name _____ Title _____

School or Organization _____

Street _____

City _____ State _____



Approach to Pole Vaulting

by DICK MILLER

Dick Miller, the University of Nebraska track star, has won the Big Six pole-vaulting championship for the past two years.

POLE vaulting, as we know it today, can be traced back several centuries. While its exact birth is shrouded in uncertainty, the early Germanic tribes might have been the originators.

The German word, *Stabhochsprung*, which means "staff high jump"; the Spanish expression, "el salto con pertiga"; the Italian expression, "il salto coll'asta"; and the French expression, "le saut à la perche"—all mean a jump or leap with a pole or rod.

However, a jump or leap with a pole does not necessarily imply an attempt for height. It might be for distance as in the broad jump. In all likelihood the pole was first used for this purpose.

The German word is the earliest we have been able to find which specifies a jump for height.

Most of the improvement in technique has come in the last 40 years. The record has been raised some three feet in this period.

The following discussion will involve two phases of the vault—selecting the pole and the approach run.

The vaulting pole has revolutionized the event. At the turn of the century, vaulters switched from a solid cedar pole to a limber, lightweight, bamboo accessory.

The selection of the proper pole is of great importance. The beginner should be sure he has a pole of sufficient strength to withstand the strain of poor vaults.

The length of the pole is not important. Many vaulters use poles which are nine inches shorter than the height of the crossbar. The advantage of a short pole lies in the fact that it tapers more quickly, thus allowing a greater snap. This type of pole is of value to the short

The Carry (Cornelius Warmerdam)

The greatest vaulter of all time grips his pole at 13 ft. 3 in. with the hands about 3 ft. apart. He carries his pole in an easy, relaxed fashion, avoiding excess arm and pole swing. The point of the pole points slightly upward and Warmerdam runs with a nice forward lean. Now turn to page 36 for the start of the plant.

vaulter because it does not take as much weight to snap a short pole and it is easier to carry.

Today, the 16-foot length is the most commonly used in college. It balances better in the approach run and offers all the snap desired by the taller and heavier vaulters.

In selecting a pole, make sure to choose an aged and cured one. This type of pole will quickly snap back into place when depressed.

The pole should also be of uniform taper. By springing the pole in all directions, you may detect the weak spots. It will be found that a pole with close joints, while nice and strong, will lack the spring possessed by a pole with joints farther apart.

The vaulter must take motherly care of his pole to retain its feel and snap. Bamboo poles will warp or crack when subjected to temperature changes, and may be damaged by rain, hot sun and constant dropping. That's why, when vaulting, it is important to have someone always on hand to catch the pole after each vault.

In recent years, the aluminum pole has become official and is finding more users. The chief advantage of the aluminum type is its durability and consistent feel. Somewhat lighter than the bamboo pole, it will not crack or break and will stand much more punishment.

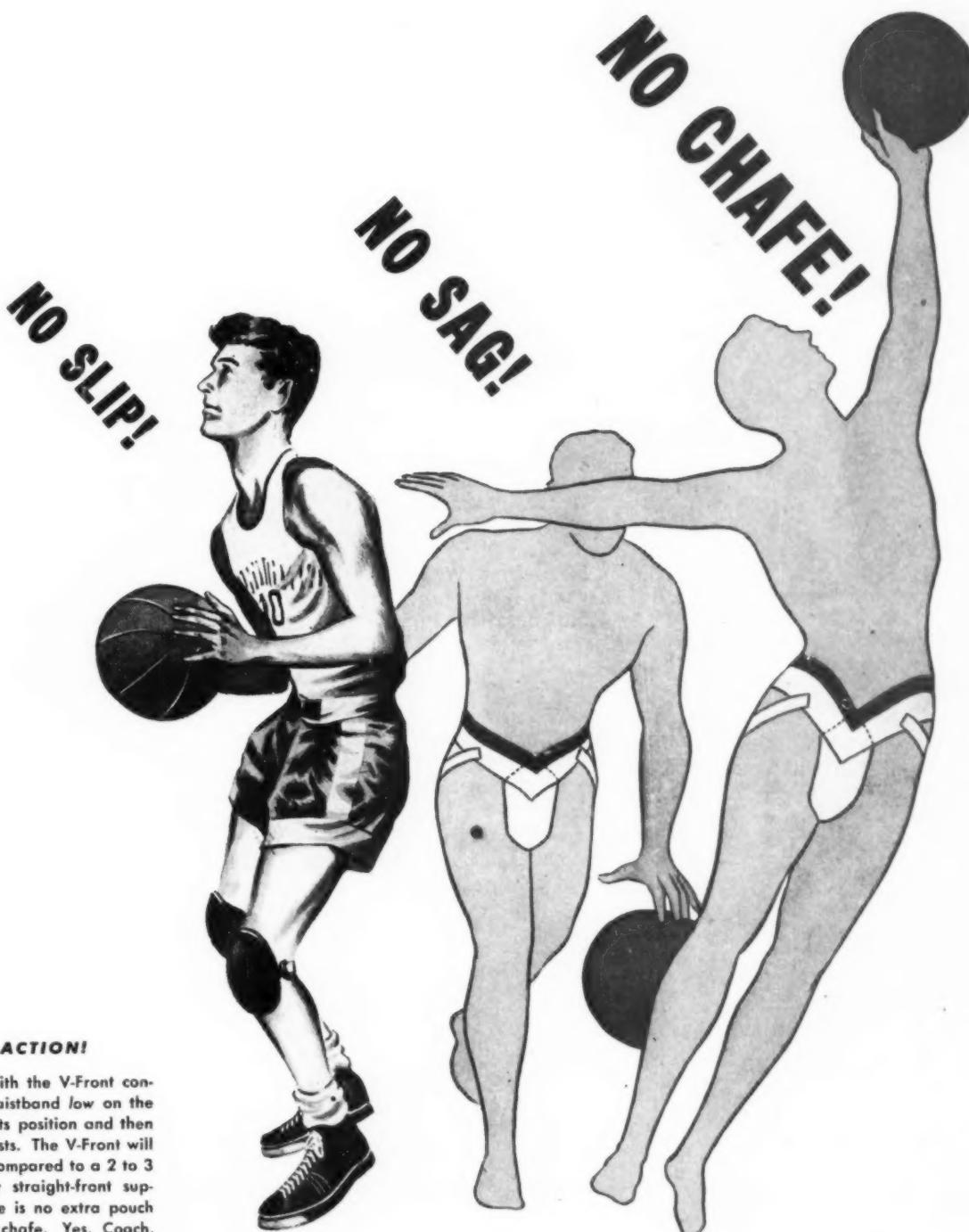
The chief disadvantage of the aluminum pole is that it does not give the vaulter much snap. I have noticed, however, that the heavy vaulter does get an appreciable amount of snap with it. The lighter contestant does not receive this benefit, and must use a bamboo pole to receive the desirable snap.

While the aluminum pole is not ordinarily used by champions, many of our better vaulters the past few years—when bamboo poles have been unobtainable—have switched to the aluminum type without great handicap.

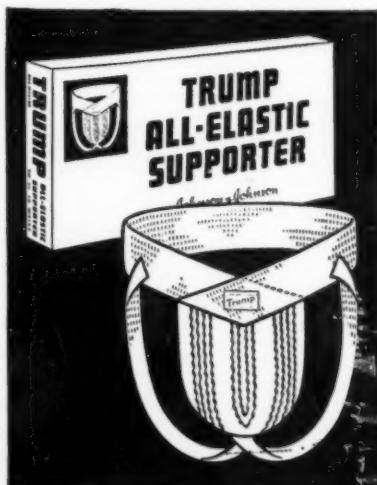
The significance of pole selection is generally recognized by track coaches as an important step in vaulting. The vaulter must have full confidence in his pole if he is to get anywhere in this event.

One of the more essential parts of successful pole vaulting is the approach run. The problem resolves itself into hitting a uniform

ting

not take a
short polelength is the
college. It
approach run,
desired to
filters.make sure to
d one. This
snap back
d.be of uni-
ng the pole
detect the
ound that a
while nice
the spring
joints far-e motherly
ts feel and
l warp or
tempera-
e damaged
nt drop-
aulting, if
omeone al-
pole afteraluminum
al and is
chief ad-
type is its
eel. Some-
nboo pole
k and will
ment.age of the
c does not
ap. I have
the heavy
ppreciable
he lighter
ceive this
mboo pole
nap.ole is not
ons, many
e past few
oles have
switched
out greate selection
by trad
t step is
must have
e if he is
ent.al parts
s the
a resolve
form a**TRY IT IN ACTION!**

Put on a new Trump with the V-Front construction.* Place the waistband low on the abdomen. Pencil-mark its position and then do a few bends and twists. The V-Front will move less than $\frac{1}{4}$ inch compared to a 2 to 3 inch slippage with any straight-front supporter. Note, too, there is no extra pouch cloth working back to chafe. Yes, Coach, we've got real improvements here!



**NEW JOHNSON & JOHNSON V-FRONT CONSTRUCTION* INSURES
GREATER COMFORT AND PROTECTION**

• Every part of these new Johnson & Johnson athletic supporters has been redesigned to eliminate slipping, sagging and chafing. The V-Front, all-elastic waistband follows body contours — fits comfortably and stays put. The pouch, too, has

been "balanced" with the new waistband design to give good, firm support without binding. These improvements spell c-o-m-f-o-r-t for every boy on every team you coach!

(NOTE — The Armed Forces still come first,
but we're doing our best.)

*Patent Pending

Johnson & Johnson
NEW BRUNSWICK, N. J. CHICAGO, ILL.



(Continued from page 34)

regular stride which will carry the vaulter to a takeoff spot directly under the vaulter's grip.

In other words, the vaulter should leave the ground from a point directly under his grasp on the pole. This is an important item to insure power, uniformity of upswing, and a smooth vault. A few inches variance either way might ruin the attempt.

While officiating at the Nebraska state track meet, I noticed that only one-tenth of the vaulters used checkmarks. In my high school days, I, too, never used a marked step.

This is a definite handicap. It causes the vaulter to worry about whether or not he will hit a satisfactory takeoff spot, forcing him to concentrate upon his stride instead of his vault.

In the days when the approach run without a vault counted as a half or a third of a try, this hit-or-miss system produced a definite mental hazard. The necessity of checkmarks can be verified by the fact that all college vaulters now use them.

The following system is simple enough for the high school aspirant to understand readily and apply.

We shall assume the vaulter has selected a pole which fits his feel and that he has become accustomed to running with it. The place of experimentation should be on the running track away from the vault runway. This prevents the boy from unconsciously attempting to adjust his step.

The vaulter hits the first checkmark with the same speed on each attempt. To do this, he should stand approximately three short strides behind the first checkmark as shown in Diag. 1.

He places the ball of his left foot on the first check and starts his run. The run should be an accumulative one, in which the speed is gradually built up.

The maximum speed should be reached about two or three strides before the vaulter plants the pole. At this point, the vaulter holds his

The Plant

Warmerdam lowers his pole smoothly and thrusts it into the box on his last stride so that takeoff foot and pole hit at the same time. The left hand shifts up to the right and both elbows are kept flexed. The eyes, which have been trained on the takeoff box, now swing up to the bar. Just before the body takes off, it forms a 90 degree angle with the ground (last picture).

SCHOLASTIC COACH



DIAGRAM 1

speed and transfers his thought to the vault.

The diagram shows the complete picture of what is necessary for the establishment of a reliable check system. The vaulter should run through from start to finish using an accumulative run. It is the task of the two observers to catch a left foot at about the same place each time the vaulter runs through.

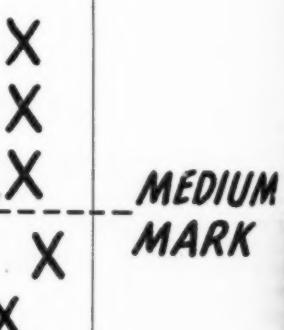


DIAGRAM 2

Diag. 2 gives an example of the left foot variance either of the observers might find. From these five marks, the observer strikes a medium mark. The two medium marks are measured, and our first day's work is through.

The following day the same marks are measured and marked as check one, two, and three. The third check represents the vaulter's takeoff mark. The vaulter should take about six runs and make a conscious effort to place the ball of the left foot on each checkmark.

It might be necessary to vary the marks a few inches either way de-

(Concluded on page 44)

C COACH
RTS HERE

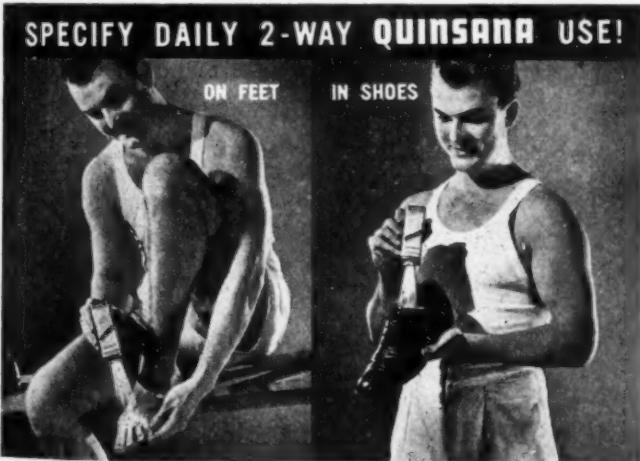
MARCH, 1946

37



WARNING! 7 out of 10 have A.F.

SURVEYS show that 7 out of 10 persons have "epidemic" Athlete's Foot yearly—at its worst among sports participants in schools and colleges, and in warm weather! Fortunately, easy-to-use Quinsana fungicidal powder, made by Mennen, is fighting Athlete's Foot with great success . . . actual records at leading colleges show that Quinsana helped clear up Athlete's Foot quickly in practically all cases. Avoid epidemic danger, be sure everyone under your supervision uses Quinsana daily two ways: (1) on feet, (2) in shoes and sneakers (absorbs moisture, reduces chances of re-infection from linings.) Soothing Quinsana powder is pleasant to use, not like messy salves or liquids.



QUINSANA

No. 1 for ATHLETE'S FOOT



BROOKLYN DODGERS AND OTHER CLUBS USE QUINSANA

to help prevent and relieve Athlete's Foot, to help keep feet healthy, comfortable, in top condition. Millions of packages used in the armed forces with amazing success. Recommended by the great majority of Chiropodists. It's America's leading product for Athlete's Foot; also excellent for excessive perspiration, foot odor, comfort. Quinsana should be in every locker.



FREE! SEND COUPON
For Full-Size pkg. of QUINSANA

To Dept. SC, The Mennen Co., Newark 4, N. J.

NAME.....

SCHOOL
OR CLUB.....

ADDRESS.....

A POINT-MOTIVATED ACTIVITY PROGRAM

By Herb Eisenschmidt

Herb Eisenschmidt is responsible for the excellent physical education and intramural program at St. Helens (Ore.) High School.

NOBODY in St. Helens claims the high school physical education program is the best in the land. It isn't. But it certainly is serving our purpose.

A sound, flexible program, it may be adapted in part or in whole by schools of any size. At St. Helens, it meets the needs of 175 boys.

They have physical education three days a week the first semester, and two days the second, alternating with the girls. Each semester is divided into three six-weeks periods, with six periods a day of about 60 minutes each. We attempt, as much as possible, to place the freshmen in separate classes so that additional emphasis can be placed on fundamentals. The size of classes varies from 16 to 30 in number.

The essential equipment is, for the most part, borrowed from the athletic department. This consists of footballs, basketballs, shot puts, high jump standards, and hurdles. Additional equipment includes volleyballs, tumbling mats, ping pong tables, badminton, fencing, handball, archery, swimming, softballs and bats.

The program is based on a natural succession of seasonal sports and activities. Each boy is tested on three items: physical tests; mental tests pertaining to rules and regulations; and social tests, which include sportsmanship, class attitude, and keeping gym uniform clean and neat.

There are three physical tests, which are given at the beginning and the end of each six-weeks period. During the interval, the boys strive to perfect their skill. Inspection of suits also occurs twice every six weeks. Mental tests on practiced activities are given only once.

East test is graded on the basis of one to ten points. For example: in the football punt, a kick of 95-109 feet yields 8 points; 110-139 feet, 9 points; and 140 feet, 10 points. The points and distances are determined by previous tests.

The recording of all these activities requires a certain amount of bookkeeping; so two managers are appointed for each period—a head manager and an assistant, whose duties are to pass out gym baskets,

Every student taking physical education at St. Helens is tested twice every six weeks

take care of towels, and record all tests. The managers are given extra points, 10 for the head manager and 5 for the assistant.

All tests, points, and grades are posted and kept up to date so that a boy can see at any time just how he is doing. These tests do not take up the entire six-weeks period. They merely supplement the activities and games.

Boys must suit up

In the matter of gym suits, we require all boys to suit up, except when excused for illness. While they may wear any type gym suit they wish, during suit inspections the most points are given for gray outfits, half as much for white, and nothing for any other outfit. The point motivation encourages the boy to get the outfit (gray) wanted by our department.

So far the whole program has been based on making points toward a grade, which works out very well in our case. We also use a demerit system for rules infractions such as discipline, bad language and laziness. But we don't overdo this demerit system, or it may lose its effectiveness.

This program has been in effect seven years. At first the students were lackadaisical about it, not because it required more work on their part, but merely because it was something new. They now like it because it lets them see at all times just how they are progressing, and it gives them marks and records to shoot at.

In a sense, each boy is competing against himself as well as against every other boy. The rivalry and competition are intense. So much so that, although physical education is not required of the seniors, the demand for it is so heavy, we are forced to restrict the size of some classes—yet they receive no credit for it!

The effect of this program on athletics is quite pronounced. While we do not attempt to develop boys for the varsities, a great deal of promising material has been uncovered. The boys have acquired a better background in sports and, whether they participate or not, have a better understanding of the games. Another carry-over is the decrease in the amount of swearing.

In physical education, no swearing is allowed; the offender is speedily penalized.

A typical physical education period of 60 minutes usually falls into the following pattern: Dressing and undressing about 20 minutes; roll call, setting up exercises and marching 10 minutes; and, finally, the activity for the day 30 minutes.

We feel our physical education program has done a great deal for the boys. It has given them an organized program, ideals to strive for, has taught them techniques and self discipline, has almost eliminated swearing and rowdiness, has opened up new sports and activities for those boys not interested in the three major sports, and, finally, it has activated the boy who normally would be standing on the sidelines.

The time spent by the instructor on this program compares with the time schedule of academic instructors. As soon as the students become familiar with the set up, and the managers learn their duties, the instructor relegates himself to a supervisory capacity.

Intramural program

In the intramural program, the three major sports of football, basketball and track serve as a nucleus for competition. The minor seasonal sports are interspersed among them. Competition is arranged by year, classes in school, homerooms, school clubs, or different parts of the town.

A manager or captain is picked for each team, and they choose for members. The playing schedules and officials for the games are then arranged.

Both team and individual championships are decided. The various winners are given points, which go toward their class totals. A winning team receives 10 points, an individual champion, 5 points.

We have championships in volleyball, basketball, badminton, tennis, ping pong, wrestling, track, and softball. At the end of the year, the class with the most points wins the intramural championship.

All boys with the exception of lettermen in that sport are eligible to participate. The competition for places on intramural teams has become so intense that the boys practice before school, during noon hours, and after school.



EXTRA LIFE... EXTRA VALUE!



★ ★ ★ In Playground Equipment experienced buyers demand durability, absolute safety, proven performance, long service. It is reasonable that only highest quality equipment will give you these vital features.

American APPROVED playground equipment

meets every one of your requirements. Modern design...top quality materials...unexcelled workmanship...maximum safety...superior performance...these are but a few of many plus-features you receive when you install American Approved Equipment.

WRITE TODAY

for complete, fully illustrated catalogs. See why American has led the way for more than 35 years!

AMERICAN
Playground Device Co.
ANDERSON, INDIANA

World's Largest Exclusive Manufacturers of Fine Outdoor Playground, Swimming Pool and Physical Fitness Equipment



WATER...to drink or not to drink?

THE modern football coach doesn't have to be sold a bill of goods on the value of conditioning. In his coaching scheme, it occupies as important a niche as the team's technical equipment. Other things being equal, you can't win the close ones without it. Your boys must have the tools to win and the condition to manipulate them. Thanks to the accelerated tempo of the game, they must be far more intensively and extensively conditioned.

That's why every college of importance and most high schools (where state rules permit) start training in August. This has created a new problem in conditioning. Since the training is begun at the height of the summer heat, the squad must be progressively acclimatized to prevent heat exhaustion or sunstroke at the same time they are striving to attain the requisite standards of physical fitness in the face of unfavorable environmental conditions.

Consider, first, the physiological effects of a hot climate, particularly when the body is being subjected to gruelling exercise.

The normal body temperature is 98.6°F. During exercise, a great deal of heat is formed as a by-product of the vastly increased metabolism (the temperature of the body rising steadily).

Within certain limits, this rise in temperature is conducive to increased efficiency, since it serves to

by DR. S. E. BILIK

Dr. S. E. Bilik, one of the greatest authorities on training in the history of sports, is author of "The New Trainer's Bible" which actually is the bible of the profession and which has already reached its umphity-eighth edition.

speed up the vital chemical reactions of the body and lowers muscle viscosity. When, however, the temperature rises too high—above 103°—efficiency rapidly declines.

Elimination of excess bodily heat is, therefore, of vital importance in assuring continuous athletic efficiency. This heat is lost chiefly through radiation—the body emanating heat rays even as your Infra Red lamp—and through convection—the skin being cooled by the air currents streaming over it—as long as the temperature of the environment is lower than that of the body.

When the environmental temperature equals or rises above that of the body, heat loss is accomplished almost wholly by the evaporation of sweat.

Sweat consists of water, salt (chiefly sodium chloride, same as table salt), lactic acid—the waste product of muscular activity, and vitamins B and C.

We literally and figuratively "sweat blood" since the sweat glands compound their secretion from ingredients drawn from the blood. The latter rapidly restores its

normal fluid and salt volume by absorption from the other tissues.

The resultant dehydration, if not corrected by a compensatory intake, upsets the normal physiological processes of the body, predisposing to heat exhaustion and muscle cramps.

The higher the temperature of the environment, the more prolonged and intensive the physical activity, and the heavier the clothing worn during such activity—the greater is the water and salt loss from the body through sweating.

Early in the football season, players lose from five to 20 pounds during a workout. The higher figures have been reported in the deep South—Miami, New Orleans, etc. At Annapolis, a loss of as high as 18 pounds has been recorded. The average, however, runs closer to six pounds. Most of this loss is, of course, sweat.

Presumably the native Southerner is well adjusted to the prevalent high temperatures and needs no further acclimatization at the onset of football training. Therefore this problem is of minor importance to local high schools.

In Southern colleges and private schools drawing their enrollment from various sectors of the country, carefully planned acclimatization is a requisite. To a lesser extent, the same holds true of the central states. Certainly it is sheer horse sense to graduate the training routine intel-



KEDS are back!

- SHOCK-PROOF ARCH CUSHION
- SCIENTIFIC LAST
- NON-MARKING SOLES



THE BOYS on your team are going to want Keds scientific foot comfort. Whether they're in the gym or outdoors, whether they're practicing, playing the game, or just being boys . . . *they practically live on their feet.*

Keds give them barefoot freedom without barefoot risk...the support and comfort to do everything they want to do with their feet. A boy can be himself in Keds . . . "U. S." science sees to that!

HERE ARE SCIENTIFIC FEATURES THAT MAKE KEDS LIKE NO OTHER SHOE THAN KEDS



SHOCK-PROOF ARCH CUSHION
absorbs jars and jolts...helps avoid overstrain and fatigue...a famous Keds feature for years.



SCIENTIFIC LAST
designed to fit growing feet...supports but does not cramp...gives straight-line toe action...barefoot freedom with protection.

HYGIENIC KEDS

are kept clean and odorless—the right way. Plain soap and water. Tub-able and scrub-able.

Genuine "U. S." KEDS
are made only by
United States Rubber Company
Look for the name



"U.S." Keds

The Shoe of Champions



SERVING THROUGH SCIENCE

UNITED STATES RUBBER COMPANY

ROCKEFELLER CENTER, NEW YORK

ligently during the early weeks of the football season.

Excellent experimental data are submitted by Col. W. Machle, of the Marines, to show that thorough acclimatization to prepare men for grueling physical activity can be accomplished within one week. Satisfactory adaptation to a hot climate is indicated by renewed energy, alertness, agility and zest for play.

The pulse, temperature and blood pressure return to normal levels—the same as in a cooler environment. The better the physical condition of the athlete, the more easily and the more rapid is the acclimatization.

Basically this acclimatization rests on a planned program of progressively increasing exposure to heat combined with an equally graded intensification of the physical activities.

Early training tips

At the onset of the season, try to limit your workouts to the early morning or late afternoon hours.

Avoid exposure to the direct rays of the sun since the absorption of these rays increases the heat content of the body.

Protect the head against the rays which may cause sunstroke by disorganizing the heat regulating center of the brain. Supply lightweight, white cotton clothing—a sweat-absorbing material.

Avoid rayon, which is only slightly sweat absorbing and which clings snugly to the body, preventing free flow of air currents which cool by convection.

Therefore a loose jersey is preferable to a snug-fitting one. Sweat that rolls off the body does not cool it. It is the evaporation of sweat that nets heat loss.

Loss of sweat and salt through sweating must be replaced promptly. Dehydration leads to lowered mental and physical efficiency and, if prolonged, to heat exhaustion.

Since high humidity hinders rapid evaporation of sweat, sultriness is more disabling than high temperatures in themselves. A hot, humid day contraindicates strenuous exercise and certainly is not conducive to outstanding athletic performances.

Many coaches and trainers, too many in fact, adhere to the principle that no fluid should be allowed the toiling athletes during practice or games.

Athletic hydrophobia is an almost universal obsession, an incurable fixation contracted by the coach during his own undergraduate days.

Yet no one has ever met a coach who can offer a logical explanation for this traditional prohibition.

The truth is there is neither reason nor basis, nothing in physiology to substantiate this ancient barbaric custom. There is, however, a great deal of scientific data to prove that prompt replacement of water and salt lost through sweat is essential to health and efficiency.

Reading suggestion

Every trainer and coach should read War Department technical bulletin 175, "Prevention and Treatment of Adverse Effects of Heat," which quite evidently is based on Col. Machle's work. The summation should bury athletic hydrophobia for good and all.

The ditch digger, the bricklayer, the miner, the casual athlete—in fact anyone who exerts himself sufficiently to work up a sweat and a thirst—will stop from time to time to quaff some refreshing aqua pura.

All animals obey that impulse and it is wise to remember that Genus Homo is just another kind of a monkey. Admittedly a phenomenon that is so instinctive must be accepted as being "natural" or normal. Yet in competitive athletics, where constant and severe loss of bodily fluid and salt is inevitable, the participants are denied relief because of a mystic tradition.

For nearly 12 years, I have experimented on myself and willing stooges, testing the effect of drinking varying quantities of water of different temperatures, during and immediately following strenuous exercise. The findings may be summarized as follows:

Experiment findings

1. Drinking of water during a workout is beneficial and enhances athletic efficiency;
2. Taken in moderation and not too cold, water produces no discomfort or other undesirable symptoms;
3. Excessive drinking of water or ice cold "fizz" beverages may lead to a feeling of distention, nausea and occasionally vomiting. The distention may also hinder free movement of the diaphragm and the heart.

Dr. Karpovich stresses that it is possible to "water-log" the body by injudicious forcing of fluids, the limbs feeling heavy and unwieldy.

Ice water, in small quantities and swallowed slowly, does not cause any discomfort. However, ice water

coming in contact with the superheated enamel of the teeth may cause the latter to crack, predisposing to caries.

Colonel Machle writes: "The deterioration in performance resulting from water restriction is apparent in higher pulse rates and rectal temperatures and low blood pressures. An important change was the actual condition of the men, their low morale and lack of vigor, their glassy eyes, their apathetic, torpid appearance, their don't-give-a-damn-for-anything attitude, their uncoordinated, shuffling gait.

"Some were incapable of sustained, purposeful action and were not fit for work. Replenishment of the salt and water losses is absolutely essential . . . If they are not restored, even the most fit and well-acclimatized man is rendered totally unfit and a casualty."

Athletes should be allowed water during workouts and contests. The water should be cool, taken in small quantities at a time, at frequent intervals. Drinking of large quantities of water without a proportionate intake of salt, is harmful in that it leads to more profuse sweating and resultant greater loss of salt from the body.

Salt tablets

In recognition of the importance of replenishing the salt loss, trainers have been giving their charges tablets of pure salt (5 to 10 grains), or of salt mixed with dextrose. These tablets not infrequently cause nausea, vomiting, indigestion, diarrhea, or, at the very least, a sense of discomfort. Therefore the use of these tablets is not advisable.

A far better method is to increase the salt intake by the simple process of heavily salting the food. Thus the oatmeal, soup, butter, vegetables, meat, etc. should receive more than their customary sprinkling of salt.

Scandinavians and Slavs favor highly spiced and salted foods, which must lead to a greater intake and retention of fluids. It is possible that the unusual stamina characteristic of the Swede or the Russian is partly due to a higher concentration of alkaline salts and fluids in their tissues. Hors d'oeuvres and smorgasbord should be quite welcome and most beneficial at training tables—especially in the deep South.

At the start of the football training season and particularly in hot climates, supply plenty of cool water containing 0.1% of salt (10

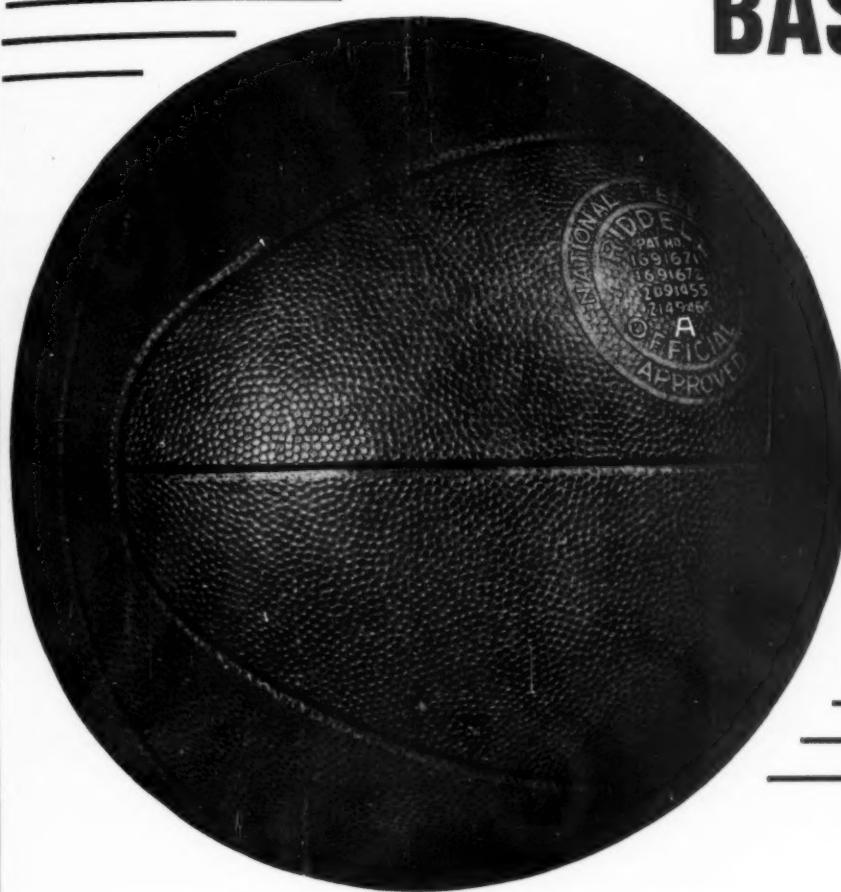
(Concluded on page 44)



R I D D E L L

"THE HOUSE OF QUALITY AND SERVICE"

Announces that...



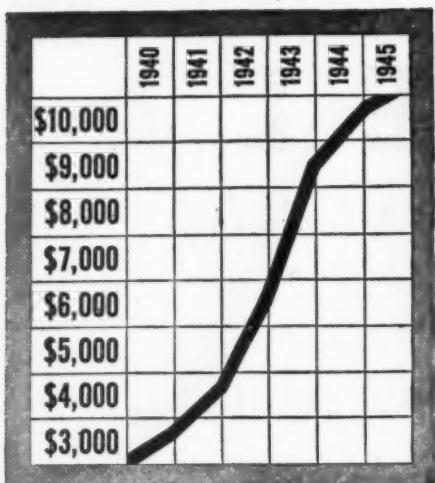
BASKETBALLS

**are coming
back SOON**

**FOOTBALL | TRACK | SHOES
TRACK | SHOES
BASEBALL |**



RIDDELL, 1259 N. WOOD STREET, CHICAGO 22, ILLINOIS



Does your INCOME CURVE match this one?

Read one ex-coach's amazing story

That chart tells an almost incredible story . . . but a story that's a matter of record. It represents the income increase of one ex-coach, of more than 500% in 6 years!

This ex-coach's experience is by no means unique, because we have found that athletic directors are especially well suited for this dignified, well-paying career.

As he tells it—

"In 1938 I was a high school coach earning \$2100 yearly. Increased responsibilities brought a need for more money. So in 1939 I joined The Mutual Life as a Field Representative. Immediately my earnings began to climb. Today my income exceeds \$10,500 . . . more than five times my former salary! In addition, I am assured a generous retirement income. For men with the proper qualifications, life insurance selling as a profession just can't be beat!" (Name and address on request)

If you have the necessary qualifications, The Mutual Life offers a guaranteed salary for two years with "on-the-job" training. The opportunities for increased earnings are unlimited and our Lifetime Compensation Plan provides for a liberal retirement income.

Why not send for our scientifically developed Aptitude Test today? It may be your first step toward a new and profitable career right in your own community!

THE MUTUAL LIFE INSURANCE COMPANY of NEW YORK

34 Nassau Street
New York 5, N.Y.



Lewis W. Douglas,
President

GENTLEMEN:
Please send me your aptitude test.

Name _____

Home Address _____

S-11

(Continued from page 42)

grains of salt to a quart of water). This mild solution is accepted with relish.

If you choose you may add orange, grapefruit or lemon juice which replenishes the lost vitamin C. Encourage an increased intake of these citrus juices and of tomato juice for the same reason. Vitamin B, which is also lost in sweating, can be replenished by increasing the consumption of whole grain cereals and bread.

I definitely do not recommend supplementing the diet with factory-made vitamins. If the diet of the athlete is deficient in vital ingredients, then it must be corrected.

While obsessed by athletic hydrophobia, coaches still thoroughly appreciate the importance of replenishing the water lost during a work-

out, and urge their charges "drink six glasses of water daily" or "take a glassful of water every waking hour."

A normally functioning body does not need shotgun prescriptions. The athlete should be permitted to drink as much water as he craves and when he craves it. The only admonition should be to avoid excess, especially in distending the stomach with fluid at a time the available space is needed for nourishing food.

Fluid replenishment depends on more than the intake of water—there are milk, soup, coffee, tea, fresh fruits and vegetables, all adding their share of fluid to the body. There definitely is no necessity of telling an athlete how much he should drink—let him drink as much as he needs whether it is none or 60 glassfuls.

Approach to Pole Vaulting

(Continued from page 36)

pending upon whether the vaulter has the same weather conditions and feels the same as the day before. It might take him a few days to become accustomed to a marked step and give it his full confidence.

When the vaulter does put his full trust in the check system, it becomes almost automatic. The vaulter is sure of his takeoff while still 50 feet from that spot.

A vaulter must be on constant guard against the elements. A wind or a wet track necessitates an adjustment in the check marks. In the warmup period, the marks should be adjusted according to the day.

A wind at the back would necessitate moving both marks back—the distance depending upon the wind velocity. Running into the wind calls for a reversal of this procedure. Thus the vaulter must develop a sense of judgment embracing all the affective conditions.

The overall length of the run varies with the individual vaulters. A boy who builds up his speed slowly would use about 100 feet. A boy who gathers momentum quickly might use as little as 70 feet.

Diag. 3 offers an example (using an overall run of 100 feet) of the usual spacing between marks. A longer or shorter run will move the checkmarks accordingly.

The third checkmark is eliminated in the diagram because if check number two is correctly hit, check number three or the takeoff mark will also be correct. We measure from the far end of the vault-

ing trough to the second checkmark and from the second checkmark to the first. This method of measuring assures a never varying set of marks.

It has been the aim of the author to outline a method both efficient and simple, which anyone can use

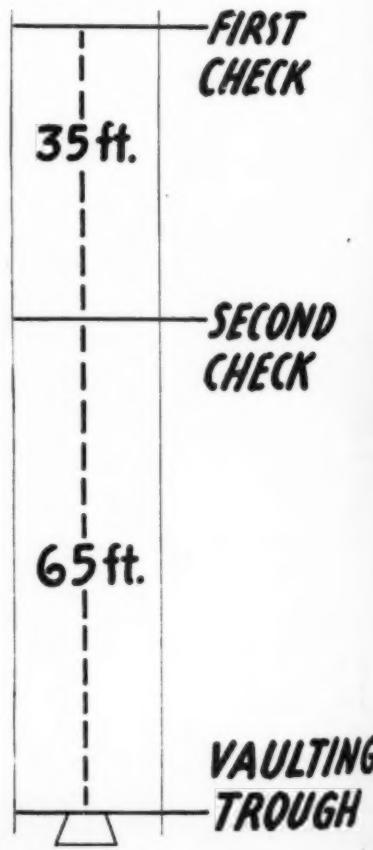
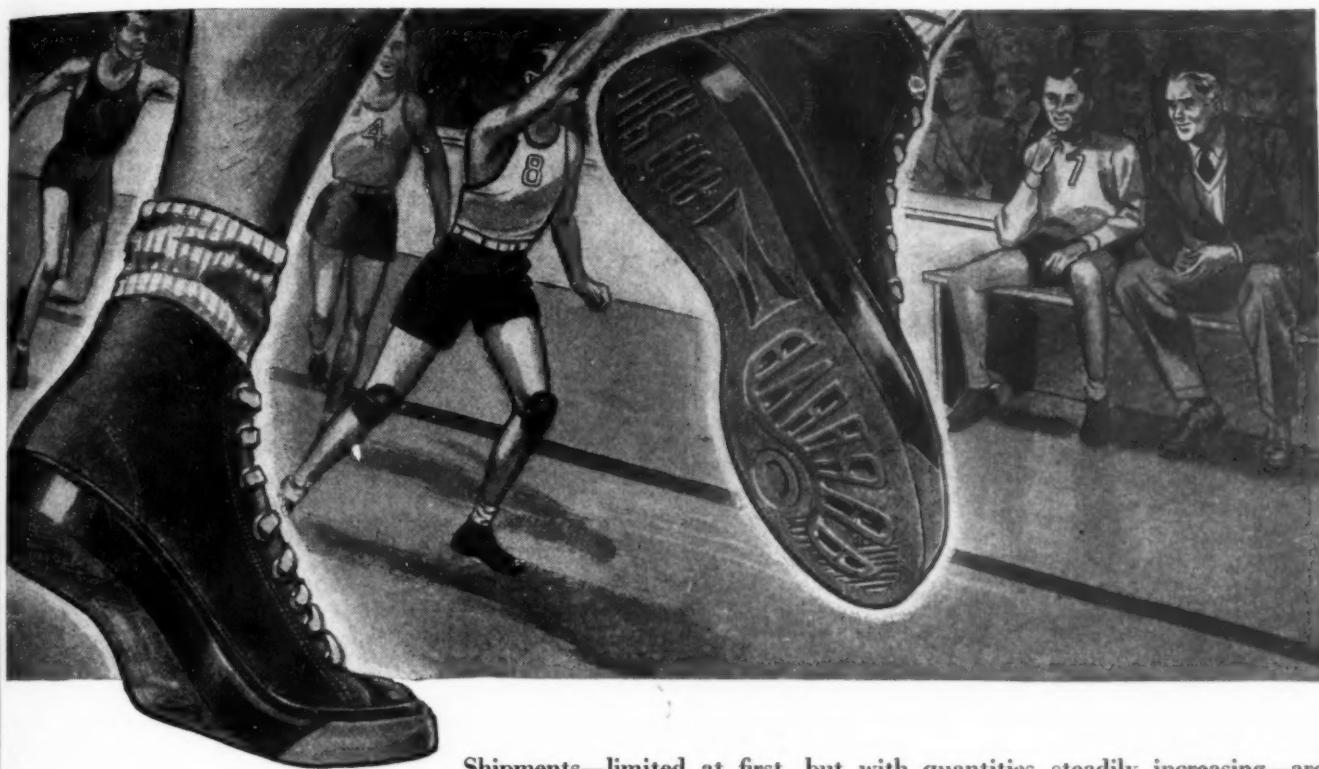


DIAGRAM 3

Keep asking your dealer for Basketball shoes with "P-F"!



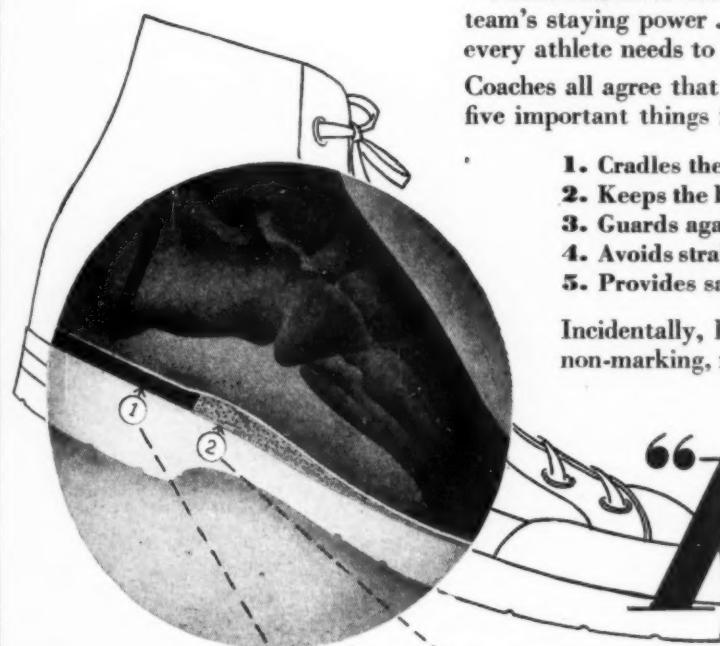
Shipments—limited at first, but with quantities steadily increasing—are being made to dealers as quickly as possible. It will pay you to keep in constant touch with your supplier.

Basketball shoes with "P-F"—Posture Foundation—will help increase your team's staying power . . . give your squad the kind of foot protection that every athlete needs to play his best.

Coaches all agree that "an athlete is only as good as his feet." "P-F" does five important things for feet:

1. Cradles the arch in a way that wards off strain.
2. Keeps the bones of the foot in their natural, normal position.
3. Guards against flat feet.
4. Avoids strained, tired leg muscles, increases "staying power."
5. Provides safe, comfortable, correct foot support.

Incidentally, basketball shoes with "P-F" have positive-grip, tan, non-marking, molded soles.



- (1) Orthopedically-correct rigid wedge keeps the bones of the foot in their natural, normal position.
- (2) Comfortable sponge rubber cushion under sensitive arch of the foot prevents tiring pressure.

"P-F"

means
Posture Foundation

a Patented Feature found only in Basketball
Shoes made by

B. F. Goodrich
or
HOOD RUBBER CO.

IMPLICATIONS OF THE MILITARY FITNESS PROGRAMS

By Dwight Monnier

During the war, Dwight Monnier, director of physical education at St. Paul's School in Concord, N. H., served as an athletic officer in the Hamilton program (Naval Aviation Physical Training). In outlining the impact of the military physical training programs on our physical education systems, he sets forth a strong argument for the intensification of competitive athletics.

WHEN a country settles down after a harrowing four-year global war, it isn't unreasonable to expect a large number of drastic changes—economically, politically, sociologically and—educationally.

As physical educators it behooves us, therefore, to evaluate carefully and critically our experiences of the past so that we may provide wisely and unselfishly for the future.

When the early selective service exams revealed that nearly 50 percent of our inductees were unfit for military service, a storm of criticism descended upon our physical education systems. The charge was simple and blunt—physical education had not done its job.

As we all know, this accusation was largely unwarranted. For one thing, our services had the highest health requirements of any nation in the world. For another, many otherwise healthy inductees were rejected for such defects as poor eyesight, bad teeth, etc., which we as physical educators could not reasonably be responsible for.

As time passed and the facts came to light, much of the criticism subsided. The lowering of blood pressures was hastened by statements from high-ranking officers attesting to the values of sports in training and combat, and by the fine military records of former athletes, who attributed much of their success to their sports backgrounds.

It is now generally conceded that physical educators played an important role in conditioning our boys for the mental and physical rigors of military life.

Out of every war comes some good. And it is fitting that this field of ours, which has contributed so much to so many, should at last receive rightful recognition.

Pre-war curriculum trends

Up to 1940 or thereabouts, physical education was definitely gravitating towards play activities. These activities broadened the scope of the

The more students we can expose to sports, the better off they and the nation will be

programs, reached more students, was more enthusiastically received, and had considerable carry-over value.

This was a far cry from the old formalistic regimen. In many schools, the various gym apparatus lay idle in stockrooms. Calisthenics were looked upon apathetically. And a number of our people were preaching the abolition of interscholastic and intercollegiate competition.

War-time physical training

Then came the war. The immediate problem of our military was to condition large groups of men quickly and efficiently. The play-activity type of program couldn't do the job. So our services broached revolutionary training programs.

But the influence of over 20 years of peace-time progress made itself felt. Top-notch physical educators were brought in to organize and conduct the training programs; and this was most gratifying.

Fundamentally, the military aimed at an all-around program of both physical education and recreation—with certain definite trimmings, such as hand-to-hand combat and related activities.

Calisthenics were also widely favored, due to the necessity of conditioning large groups quickly, especially where adequate facilities were lacking. Particularly was this true in the air forces and other training programs where the men were not exposed to the tough daily grind of infantrymen.

Competitive athletics boomed in both the army and the navy. The ASTP trainees were not permitted to compete intercollegiately. But the navy's college trainees were. And this stimulated the college sports programs immensely.

It is safe to say that the units with extensive sports programs, both on the intercollegiate and intramural levels, possessed the best morale. The programs gave the men something to look forward to in the way of relaxation and entertainment.

Naturally the emphasis on outside athletics varied with different organizations. But most of the programs were well organized and efficiently administered.

This stress, both in competitive

and recreational sports, has been successfully carried over. There is evidence that competitive athletics will continue to play a conspicuous role in the military, especially overseas as a morale factor among troops awaiting transportation home.

Out of all the experiences gained during the war, several important facts, lessons if you will, have become increasingly clear. Not only to us, but to administrators and the general public as well.

In any school or college, just as in any service unit, there are (1) men of above average ability; (2) a larger group of average performers, and (3) those on the lower end of the scale—the below-average performers.

All these groups need and deserve as much attention as can reasonably be given to them. The paradox is this: While the lower group needs instruction most, the large bulk of students are found in the middle group.

At the same time, the upper group, the cream of the crop, cannot be ignored because they are the potential leaders. When properly handled, they can stimulate the entire program.

Unfortunately, this latter group has been penalized too often for their physical superiority. The feeling has been that they do not need as much attention as the others.

The \$64 question

Should the philosophy of the greatest good for the greatest number imply a concentration on the large middle group at the expense of either the outstanding or the below-average group, or both?

The answer is—no. With proper facilities and adequately trained (and paid) personnel, we can develop a program that will enable us to reach every one of our boys and girls. And now is the time to obtain the things we need so badly. The public has been educated to the need for physical education.

Let's strike while the iron is hot. Let's plug now for that outdoor athletic field, new gym, swimming pool, and other facilities we need for our physical education and recreational purposes during and after school hours. The broader the pro-

(Concluded on page 48)

"Have a Coke"



Enjoy the
Pause that Refreshes

BARNES SPRING BOOK SPECIALS

SPORTS LIBRARY

BASEBALL by Dan Jessee	\$1.25
TRACK AND FIELD by Ray Conger	1.25
SWIMMING by Bob Kiphuth	1.25
SOFTBALL by Arthur Noren	1.25
BADMINTON by Jackson and Swan	1.25
VOLLEYBALL by Bob Laveaga	1.25
TENNIS MADE EASY by Lloyd Budge	1.25
TENNIS by Helen Jacobs	1.25
FOOTBALL by Glenn Killinger	1.25
GOLF by Patty Berg	1.25
BOXING by Ed Haislet	1.25
WRESTLING by Ed Gallagher	1.25
BOWLING by Falcaro and Goodman	1.25

OFF-THE-JOB LIVING

by G. Ott Romney

Recreation men will find a lode of reading pleasure and practical aids in this superbly written volume — a modern conception of recreation and its place in the postwar world. Full of facts, rich anecdotes and provocative philosophy.

232 pp.

\$2.75

PHYSICAL EDUCATION and FITNESS

PHYSICAL FITNESS for BOYS by Miller, Bookwalter, Schlafer	\$3.00
INTRAMURAL SPORTS by Elmer D. Mitchell	2.00
PHYSICAL CONDITIONING by Stafford and Duncan	1.25
GAMES, CONTESTS and RELAYS by Seward C. Staley	2.00
BETTER TEACHING THROUGH TESTING by Scott and French	2.50
ORGANIZATION and ADMINISTRATION of PLAYGROUNDS by Jay B. Nash	3.00
ACTIVE GAMES and CONTESTS by Mason and Mitchell	3.00
PYRAMIDS ILLUSTRATED by Machinery and Richards	3.00
TUMBLING ILLUSTRATED by L. L. McClellan	3.00
GIRLS' SPORTS, FITNESS	
SOFTBALL for GIRLS by Viola Mitchell	\$1.25
SOCCER and SPEEDBALL for GIRLS by Florence Hupprich	1.25
CONDITIONING EXERCISES for GIRLS and WOMEN by Duggan, Montague and Rutledge	2.50
PHYSICAL FITNESS for GIRLS by Cassidy and Kozman	2.00
DANISH GYMNASTICS by Dorothy Sumption	2.00
STUNTS and TUMBLING by Virginia Lee Horne	3.00

SPORTS:

ORGANIZATION and ADMINISTRATION

by Hughes and Williams

A brilliantly informative book, furnishing a sound, authentic basis for the whole sports program, and offering practical, concrete suggestions for organizing and conducting such a program.

414 pp.

\$4

Send for Catalog of New Books

A. S. BARNES & CO.
67 West 44 Street Dept. SC
New York 18, N. Y.

Implications of Military Programs

(Continued from page 46)

gram, the more people it will reach. And the more people it reaches, the broader will become the support for it.

Competitive athletics

Competitive athletics have more to offer than the mere financing of the rest of the program. The value of such activities in the development of courage, will to win, and physical and mental stamina, has been proven.

A great many of our athletes made brilliant war records. So did many non-athletes. But the fact remains that the youngster with athletic training was the better prepared for emergencies especially in the matter of resisting psychological breakdowns.

More than the general educators, we have long realized that sports have something very definite to offer young people in character development, teamwork, self-confidence, and the ability to get along with other youngsters.

Let's not deny that competitive athletics have frequently been over-emphasized, that undue pressure on coaches has produced unwholesome situations, or that many young athletes have been harmed by too much publicity.

Sure we have problems in the operation of our sports programs. But let us recognize them for what they are—challenges. If we are to continue including sports in our programs, we must deal with these issues firmly and fairly.

We must bring the facts into the open. And, to put our house in order and to keep physical education on a truly educational basis, we must take an active stand on correcting the abuses.

Sports not enough

While sports greatly contribute to the development of the body, they cannot do the job by themselves. Our selective service exams revealed a deplorable lack of strength in the shoulders, arms and trunk.

Back in April 1943, Colonel Ted Bank declared that "Fifty percent of the men coming into the Army cannot chin themselves even once or do a single situp. The lack of strength, endurance and agility is appalling.

"In the armed services, ordinary tactical training isn't enough to

condition the men . . . formal calisthenics are not enough . . . sports are not enough. All must be synthesized into a rugged conditioning program in the schools."

We can well place a bit more emphasis on conditioning exercises, apparatus work and the like. This should be done not in a separate program, but as an integral part of the over-all program.

The same results may be obtained in a more pleasant manner through games and activities such as swimming. But the use of such activities is often limited and does not take the place of a scientifically designed plan for the total development of the body.

Value of testing

The service programs certainly have demonstrated that physical tests can interpret fairly accurately the results of our total programs. To be sure, there is still much to be done in this field. But the needs of the average school or college may be met with the already established tests.

Many of us have overlooked the importance of knowing just how much we were actually accomplishing in the building of organic vigor. Well-designed tests furnish an index both as to the activities needed and to reasonable increases in strength and coordination.

It is not to us alone this knowledge is important. When properly interpreted, the tests inspire students to take increased interest in their own activities and accomplishments. Parents, naturally, are always interested in such information.

Summing up: This is a good time to re-evaluate physical education in the light of our experiences with the military physical training programs. This does not mean we should replace physical education with physical training. It does imply that we may profit from a study of past procedures.

We need and probably will get more stress on sports for larger numbers. There is little doubt that the more students we can expose to both individual and team sports, the better off they and the nation will be.

A comprehensive sports program organized on a sound educational basis, and supplemented with adequate amounts of conditioning exercises, apparatus work and testing, should lead to a stronger, healthier and happier people.

BAT POLO for SWIM CLASSES

by Norman Kutner

Nonnan Kutner, a health instructor at Northeastern High School, Detroit, has been using this original game for the past four years.

SWIM instructors looking for a good simple way to keep both swimmers and non-swimmers active would do well to investigate the possibilities of bat polo.

The group is divided into two teams, which line up at the far walls of the pool. These walls are considered the goals, and each is guarded by a goal keeper.

The ball is put in play by a throw-in at the center of the pool. On the whistle, both sides dive in and race for the ball.

The players may bat, slap or punch the ball toward enemy territory.

No holding

Any time a man picks up the ball or holds it, the ball is awarded to the opposing team by a throw-in by the umpire. The throw-in is received on a volley by anyone on the team.

Any ball batted out of bounds is also awarded to the opposite team by a throw-in.

To score a goal, the ball must be slapped, batted or punched against the short wall of the pool. If it is hit over the side, it is awarded to the opposing goalie.

The latter has the option of grabbing or batting the ball away from his goal.

While opponents may be ducked, they cannot be held down. The non-swimmers are allowed to walk to the shallow end and play from there.

The ball may be batted out of the water by pushing or slapping it from underneath, and then batting it away.

After every goal, the teams change sides, in order to give each team a chance at the shallow end.

We find this game highly active and entertaining for any group of students in the 9th to 12th grades. A tournament set-up stimulates the competition.

Injuries are practically non-existent.

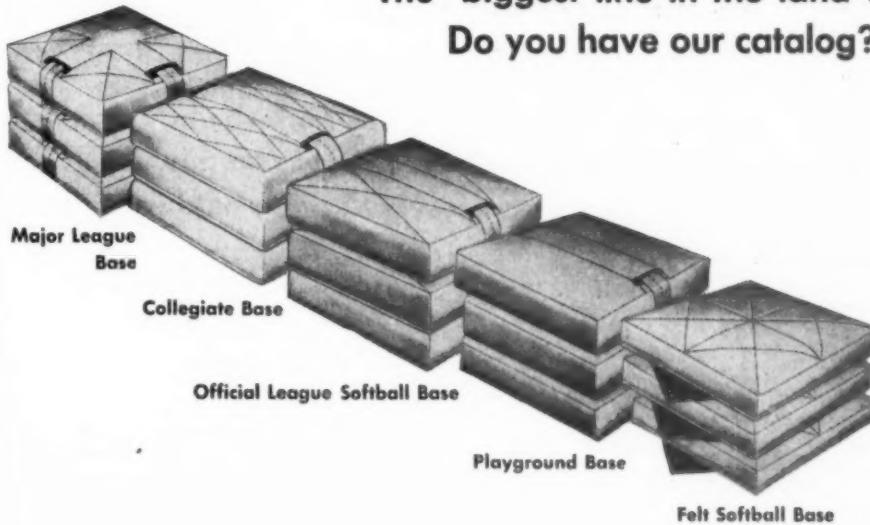
After several weeks of this sort of competition, beginning swimmers lose their fear of the water.

At Your Service for Spring Practice



Your choice:
White or Olive Drab
18 oz.

The "biggest line in the land".
Do you have our catalog?



ATLAS ATHLETIC Equipment Co.

Manufacturers of Gymnasium and Training Equipment
900 South Seventh Street • St. Louis 2, Missouri

*take up
a Sport!*

THE MAN WHO IS WISE WILL EXERCISE

Enter the 1946 Scholastic

TENNIS

Tournaments ALL INTRAMURAL

HERE'S a way to encourage the boys and girls in your school to play **TENNIS**, a sport they can enjoy all their lives.

★ The National Scholastic Tennis Tournament is open to all high schools and junior high schools in the United States. There is no entry fee, no red tape attached to entering. The coupon below will be accepted as an entry.

★ The Scholastic Tournament is strictly intramural. Each school has complete control over its own tournaments, and may hold them any time before the end of the term.

★ The handsome medal, shown here, will be presented to the winners of both the boy and girl tournament in each school. Free draw charts will also be furnished to every school holding a tournament.



BACK AGAIN

SCHOLASTIC TENNIS TOURNAMENTS, 220 East 42 St., New York, 17, N. Y.

Please register my school for the following tournaments:

BOYS' SINGLES

GIRLS' SINGLES

School enrollment _____ Send awards by _____

Name _____ Position _____

School _____

Street _____

City _____ State _____

After a four-year lapse, due to the scarcity of materials, Scholastic Championship Tennis Medals are again available! Set in three colors, gold or bronze, these attractive awards offer just the right incentive for your tournaments. To assure early delivery, mail your entry today!

MARCH

"1

s
"t
s
P
c
ta
lo
m

"



"1

Baseb
a pla
mean
growi

M
big e
in lif

BA
Int
know
and
bats

"Revolutionary"

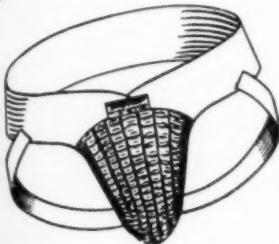
... say the coaches

YOU'LL echo their praises too when the Olympic Champion Apex becomes part of *your* sports gear.

The design of an Olympic Champion Apex* really means something . . . sewn at an angle, the criss-cross front forms a "V" providing a counter-balance to action on either side of the body by tension on the other.

The Olympic Champion Apex does not ride up or down or sag in chafe-vulnerable spots. Like a second skin, this supporter is a new experience in snug fit, real support and lasting comfort. Noteworthy too, is the quality material, the careful tailoring of each Olympic Champion.

We'd like you to be "from Missouri"—write us on your school letterhead, tell us where you buy your supporters . . . we'll mail you a free Olympic Champion Apex . . . you too will say, "revolutionary."



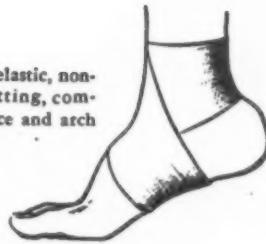
*The Olympic Champion Apex basic construction is protected by U. S. Pat. 2,301,066—no licenses have been granted any other manufacturer.

Olympic Champion Apex No. 1 mesh-type elastic pouch U. S. Pat. No. 2,301,066.

Your dealer may not be able to deliver as promptly as he would like—supporters in large numbers are still being furnished to the government.

COPYRIGHT 1946 THE O-C MFG. CO.

Style 94 mesh-type elastic, non-buckling, snug-fitting, combination ankle brace and arch support.



COACHES: Here is the Olympic Champion combination ankle brace and arch support. It was designed by an eminent chiropodist—often overcomes the handicap of a weak or injured ankle for the man who "has to stay in the game." Ask your dealer for them.



"PLAY BALL"

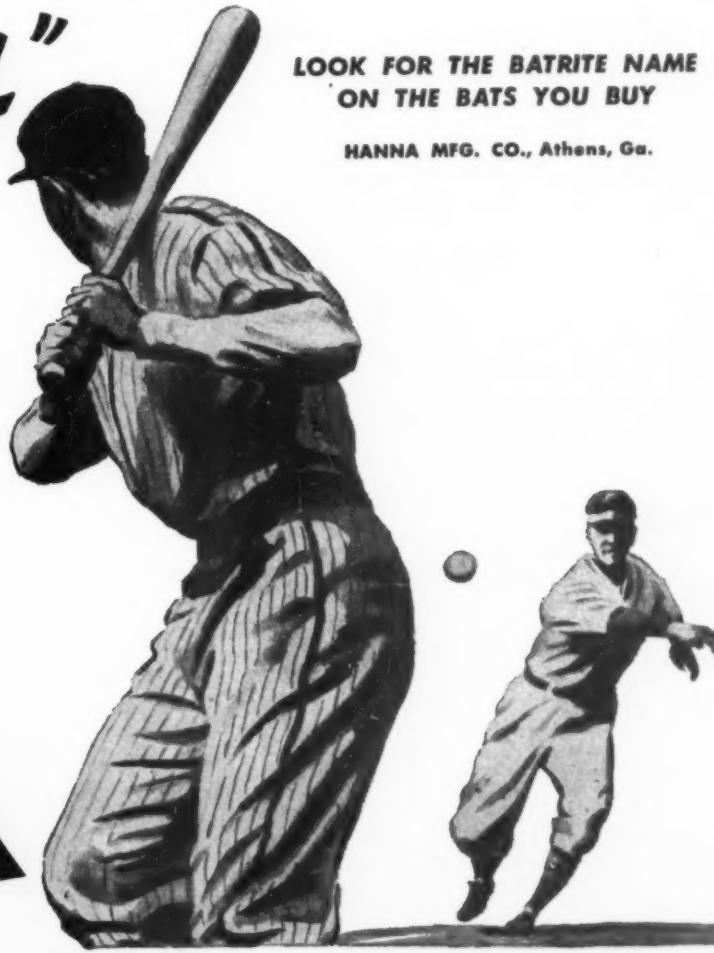
Baseball is still America's No. 1 game and deserves a place in every sports program as a worthwhile means of properly conditioning large numbers of growing Americans.

Most youngsters "play ball" from the time they're big enough to lift a bat. They learn baseball early in life and never forget its thrills and excitement.

BATRITE Bats are our contribution to baseball. Into each BATRITE we put craftsmanship and knowledge developed in our 20 years of experience and research. They are clean-hitting, long-lasting bats that help batting and add interest to the game.

LOOK FOR THE BATRITE NAME
ON THE BATS YOU BUY

HANNA MFG. CO., Athens, Ga.



This year play with

NYLON

*-the only string that's
not afraid of water!*



NYLON strings resist moisture

- ✓ NYLON strings do not fray ✓ NYLON strings are strong and resilient
- ✓ NYLON strings last longer ✓ NYLON strings are moderately priced

THIS SEASON again your players can have nylon strings in their rackets! Ask any expert who used them before the war . . . and he'll tell you that's the news-of-the-year.

Top-notch tennis players who have played with nylon strings agree that they have all the liveliness that is needed in a good tennis string. In addition, they wear far longer. Wet courts, wet balls, don't hurt them a bit. Being one single filament, they can't unravel.

Play with NYLON...the strings the Army and Navy used all over the world

Added now to the testimony of top-flight professionals and coaches is the impressive use of nylon strings by the U. S. Army and Navy. The rackets they sent out for use by the soldiers and sailors had to "take it" in every climate under the sun. They submitted nylon to every possible test—and as a result they used a total of almost half a million strings. So, whether your students are buying new rackets, or hav-

ing old ones restrung . . . this year tell them to play with nylon, the string that lasts and lasts. E. I. du Pont de Nemours & Co. (Inc.), Plastics Dept., Room 513, Arlington, N. J.



BETTER THINGS FOR BETTER LIVING
...THROUGH CHEMISTRY

Du Pont NYLON

TENNIS AND BADMINTON STRINGS

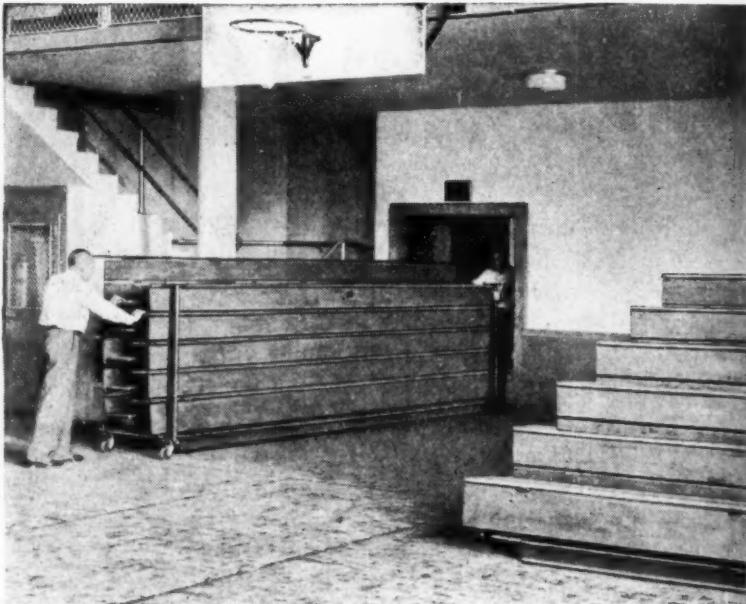
4

reasons why many schools are glad to wait for Wayne Gymstands

You can take the first grandstand equipment available and regret it a long time; or, like many others, wait a little longer for a Wayne Gymstand and be glad for years to come that you did. Here's why . . .

- 1 The specification of a Wayne Rolling Gymstand makes smaller, less costly buildings practical because it folds out of the way when not in use—with consequent increase in space for practice courts, calisthenics, etc.
- 2 It provides maximum comfort, safety and visibility for capacity crowds through scientifically correct design.
- 3 Opening and closing of Gymstand is extremely simple, because of ingenious exclusive design and construction features.
- 4 It can be built from 5 rows up to 20.

Send us the measurements of your present or proposed gymnasium for engineer's recommendations and estimate.



WAYNE MOBILE ROLLING GYMSTAND.
Each unit when closed can be quickly
and easily moved to another location.

Wayne Iron Works, 744 No. Pembroke Ave., Wayne, Pa.
Gentlemen: Please send us catalogs covering the Grand-
stands checked.

Portable Gymstand Permanent

MY NAME _____

SCHOOL _____

ADDRESS _____

"Wayne Stands



for Safety"

FOLDING & ROLLING GYMSTANDS* • PORTABLE
GRANDSTANDS • PERMANENT STADIUMS

*REG. U. S. PAT. OFF.

APPROACH TO THE SEASON

Baseball Coaching Philosophy

by Samuel Winograd

An all-time City College of New York basketball and baseball great, Samuel Winograd now coaches the C.C.N.Y. baseball team.

FEBRUARY and March are probably the most important months of the baseball training program. The progress of the individual and the team will depend upon the intelligence, resourcefulness, and professional attitude of the coach in arranging a carefully planned program.

Good coaches realize that the teaching of motor skills is not a chance affair but should be conducted along sound educational lines. Therefore, in addition to having a thorough mastery of his subject, the coach should be a keen student of physical education.

According to Hughes and Williams in *Sports: Their Organization and Administration*, the ideal coach should have irreproachable character, leadership, and enthusiasm, knowledge of technique, and ability to correlate the condition of the men with the exigencies of practice. The intelligent coach understands the processes involved in the learning of different skills, the distinguishing differences between habit and skill, the proper use of drill techniques, motivation, and special methods.

Reading aids

The writer recommends very highly Jackson Sharman's book, *The Teaching of Physical Education*, for the orientation leading to a clear understanding of teaching methods. Other references of interest to the coach will be found in the bibliography at the end of this article.

There are conflicting opinions as to the value of pre-season practice periods, particularly up North where the climate prevents outdoor practice until the latter part of March or early April.

If the coach will analyze the needs of his squad, he will readily see that pre-season indoor practice is vital to success. Good conditioning routines can be established indoors which will loosen up the players and prepare them for top-speed work out of doors.

Pitchers particularly will find this beneficial. In addition to throwing,

they can receive necessary instruction on proper stance, delivery, types of pitches, and fielding drills. Similar drills may be employed for the various other positions.

The values to be derived from indoor batting practice under crowded conditions and poor lighting are highly debatable. The writer believes there is sufficient time outdoors for batters to attain good quality performance.

The observant newspaper reader is probably aware of the marked change in the attitude of certain big league clubs toward spring training. You can well say that baseball is going to school, particularly after reading accounts of the detailed organizational setup employed by Branch Rickey and Billy Southworth.

Rickey University

The reporters refer to the Brooklyn camp as Rickey Baseball University, principally because of the thought and planning which has gone into the camp organization.

Rickey himself conducts periodic meetings with the pitching prospects, explaining to each during the course of a 15-minute conference, all the many details which go into the making of a first rate pitcher. In the evenings, the players report for "class" with notebook and pencil, and listen to Durocher and others discourse on the finer points.

From a review of the many other camps, it is evident that the big league executives are not satisfied with leaving the development of skills and knowledges to chance, but are making a definite attempt to teach those rules, strategies, and techniques which make for success.

Here at C.C.N.Y., a definite attempt is made to provide each player with a comprehensive outline of the game. Complete schedules are prepared for the classroom periods and distributed in mimeograph form so that the players can familiarize themselves with the material to be covered in class and during the indoor periods.

Provision is made for the showing of suitable baseball films, and all the standard books and maga-

SAND KNIT

Athletic Knitwear and Clothing



Basketball Uniforms

• Football Uniforms

• Wrestling Tights

• Boxing Trunks

• Award Sweaters

• Jersey Jackets

• Pullovers

• Warm-Up Apparel

Sand Knitting Mills Co.

2331-41 N. Washington Ave., Chicago 47, Ill.



Alta-Co POWDER

**KEEPS FEET
AT THEIR FASTEST**

Healthy feet are winning feet. Their care begins with regular use of Alta-Co—deadly to Athlete's Foot, the efficiency-reducing fungus malady. Used in a simple, economical solution of one pound to a gallon of water, Alta-Co actually kills all species of fungi commonly found in Athlete's Foot—and in less than one minute! Yet it's harmless to skin and towels. Alta-Co Powder is considered indispensable by those in charge of gyms, shower rooms, swimming pools, and by thousands of men and women who use these public facilities with confidence. Tested Alta-Co methods of Athlete's Foot Control are detailed in the free pamphlet, "Athlete's Foot, a Public Health Problem."

FOR SCIENTIFIC
ATHLETE'S FOOT CONTROL



Alta-Co. POWDER

The C. B. DOLGE CO.
Westport, Connecticut

zines are made accessible to the players for future reference. Provision is also made for a thorough study of the rules and knotty problems.

With good motivation and stimulating discussion, these periods can make for good morale and keen interest in further learning. For many players, our program represents an initial contact with rules analysis. Most of our boys have never before seen the rules in print and have learned most of them just by here-say.

Statistical charts for the entire season should be arranged beforehand so that progress will be smooth. We have a pre-game assignment form which tells each man on the squad exactly what his job will be on the day of a game; during the batting and fielding time, and during the game. Players know what their jobs are — there is no idleness.

We also have an individual check sheet which is used during the game to record special bits of information about our own players as well as the opponents, in addition to recording the exact pitches made by all hurlers.

Charts for the various batting, fielding, and pitching data are also included in the total picture. An attempt is made to use the data in such a way as to enable the player to check his progress. We believe it is very important to give the player an opportunity to evaluate his progress; therefore, the employment of a suitable rating scale for such a purpose cannot be overemphasized.

For outdoor practices, players are given definite job assignments which make for important improvements after suitable application.

Assistant coaches

I have found it especially advantageous to assign two or three recruits to a returning veteran. The rookies are not the only ones to benefit. The vet becomes a better performer through teaching. He often learns more about the subject than he thought he knew. The player who "saturates" himself with the game will improve rapidly, and every effort is made to do just that.

During the course of the practice periods, the players are given instruction in the various techniques of position play, individual offense, team offensive situations, and team defensive situations.

All of the material is reduced to the drill stage. Each man is given a list of drills which cover all as-

pects of his particular position, with emphasis on motivation and proper technique so that fundamental skills are permanently learned. The teamwork, offensively and defensively, is integrated by the coach, with particular stress on real game situations.

Practice techniques

Some of the devices, practices, and techniques we use with success are:

1. Careful computation of practice time for each session, with due emphasis on material to be covered, length of specific drills, etc.

2. Utilization of established methodology for teaching in classroom, gym, and on the playing field, with special emphasis on the laws of learning, development of motor skills, and proper conditioning procedures.

3. Provision for the employment of all teaching aids that help present an accurate picture of the skills to be developed. Ideas for good form and technique may be "stolen" through the eye and imitated. The trick is to be selective in what you want to imitate.

4. Frequent meetings for stimulating discussion on rules and strategy. After a player has attained the necessary skills and experience, he helps coach others.

5. Accurate data and rating scales on each player's ability.

6. Stressing high level of individual and team morale, with emphasis on zest, will to improve and self-analysis, aggressiveness and hustle, leadership, emotional stability, and poise.

7. Checking academic schedules of players for extra heavy loads at exam periods, and making provision for occasional absence from practice when deemed advisable. A ball player, free from worry and emotional strain, is usually able to give a better performance.

8. Re-introduction of basic drills at stated intervals throughout the season. Repetition, properly spaced, makes for efficient learning.

9. Employment of a recognized, sound procedure for developing motor skills. Sharman believes the steps should be presented in the following manner: (1) development of readiness; (2) setting the model; (3) practice; (4) the critique; (5) additional practice; (6) use of skill in a game.

10. Constant self-analysis on the part of the coach as to successes, failures, and team development.

(Continued on page 56)



Look for the OVAL trademark

The famous H & B Oval and the personal autograph of a famous hitter written on the barrel end, are the quality hall-marks found on no other make of bat. Look for them.



"It's your assurance
of the finest"—



IT'S A HIT!



ANTIPHLOGISTINE is a hit with many of the country's crack trainers in helping to relieve the discomforts of some of the early season injuries.

Get your stock of ANTIPHLOGISTINE now at the start of the season, and use the Moist Heat way to relieve pain and swelling that sometimes accompanies sprained ankles, wrenched muscles, bruises and contusions.

Have you received your free copy of "ATHLETIC INJURIES"?

Antiphlogistine

The Denver Chemical Mfg. Co., Inc.
New York 13, N. Y.

Baseball Coaching

(Continued from page 54)

ELIMINATE DUST AND WEEDS FROM PLAY AREAS

USE SOLVAY CALCIUM CHLORIDE

TRADE MARK REG. U. S. PAT. OFF.

Dust and weeds on tennis courts, play fields, and play areas can be eliminated easily and inexpensively with SOLVAY Calcium Chloride. Easy to apply, it costs between 2¢ and 4¢ per square yard for an entire season. Its long-lasting effect is due to its action as a surface binder.

SOLVAY Calcium Chloride is absolutely clean, colorless and odorless. It can be used on earth, clay, gravel, cinders and similar surfaces. For over 25 years SOLVAY Calcium Chloride has been used by leading schools and universities.

SOLVAY SALES CORPORATION
40 Rector Street, New York 6, N. Y.

BOOKS ON CONDITIONING AND PHYSICAL EDUCATION

<i>The Tumbler's Manual</i> by LaPorte and Renner	\$3.00
<i>The Gymnast's Manual</i> by Wilbur West	3.25
<i>Boxing</i> by Ed Haislet	1.25
<i>Wrestling</i> by Henry Stone	3.00
<i>Wrestling</i> by Ed Gallagher	1.25
<i>Pyramids Illustrated</i> by Machery and Richards	3.00
<i>Conditioning</i> by Stafford and Duncan	1.25
<i>How to Be Fit</i> by Bob Kiphuth	2.00
<i>How to Prepare for Military Fitness</i> by Lt. Col. Francois D'Eliscu	1.96
<i>Physical Fitness Workbook</i> by Cureton	1.75
<i>Posture Training and Remedial Gymnastics</i> by Albert Baumgartner	\$2.25
<i>Physical Education Program for Boys and Girls</i> by Blanchard and Collins	2.00
<i>Health and Physical Education Class and Record Book</i> by Hugo Fischer75
<i>Physical Fitness for Boys</i> by Miller, Bookwalter and Schlafer	3.00
<i>Intramural Handbook</i> by Voltmer, Scott and Lapp	1.60
<i>Tests and Measurements</i> by Bovard and Cozens	2.75
<i>Corrective Physical Education</i> by Josephine Rathbone	3.00

Send Cash, Check or Money Order

SCHOLASTIC COACH BOOKSHOP, 220 E. 42 St., New York 17, N. Y.

Due recognition is given to the importance of baseline coaches. Signal systems, involving two and sometimes three sets, are used. While many coaches are reluctant to saddle their players with too many signs, I have found that with proper practice time and actual use under game conditions, the players can learn signals with a minimum of difficulty. We use a number of sets with different players acting as "keys."

Proper emphasis is also given to the problem of student managers. Invitations to participate, with lists of overall duties and rating scales for evaluation and promotion, are given to each manager at the beginning of the season. This keeps his interest alive and makes him more conscientious in carrying out his practice and game assignments.

Student managers keep all statistical data, compile address lists for team distribution, and handle their duties according to a regular schedule.

Conferences

Frequent conferences are held with individual players during the course of the season. These meetings encourage a more spirited performance on the part of a player, who realizes his coach is taking a personal interest in his development. Every effort is made to use those techniques of psychological study which are conducive to more effective learning and high morale.

Some very interesting and pertinent material has appeared in the literature with specific reference to psychological aspects of performance. Coleman Griffith has done outstanding work in this field, particularly with the problems of shifting moods and temperaments, timing or pace habits, posture and stance, the yellow streak, hoodoo and jinxes, staleness, and morale.

His exceptional work in the Research Laboratory for Athletics at the University of Illinois should be of interest to all men in the coaching profession.

The writer recognizes the need for good teaching techniques and proper organization in preparing a club for a season's play. As educators, we coaches owe it to our players to provide them with adequate instruction in the sport, over and beyond the mere opportunity to exercise. We all know that excellence

MARCH,
as a per-
standing
Coach
many co-
to re-ex-
and con-
a profes-
bring cre-
game an-

1. Alle-
ball, Mac-
2. Coo-
Play an-
Hall Inc.
3. De-
ing Kit,
Newtown
4. Griff-
Athletics
Scribner
5. Hugh
J. F.: Sp-
Adminis-
6. Jess
Barnes, I-
7. Sha-
Physical
N. Y.
8. Wil-
The At-
Saunders

DO AT
THE
T
HE
the
for Hea-
Recreati-
Col. Fra-
tramura

A stu-
shows t-
stand o-
physical
"I do-
lete ca-
Greene
class, 2-
the top
training
selected
cent."

"This
"that w-
our ca-
squads,
must p-
season."

Col.
is mast-
"Athle-
the dev-
of char-
individ-
tivity o-

Judg-
our at-
Cadet
percent

MARCH, 1946

57

as a performer does not assure outstanding ability as a teacher.

Coaching is a challenge filled with many complications; it behooves us to re-examine our own thinking, and conduct the baseball activity in a professional manner which will bring credit and respect both to the game and ourselves.

BIBLIOGRAPHY

1. Allen, E.: *Major League Baseball*, Macmillan Co., N. Y.
2. Coombs, J.: *Baseball—Individual Play and Team Strategy*, Prentice Hall Inc., N. Y.
3. De Groat, H. S.: *Baseball Coaching Kit*, Author at South Main St., Newtown, Conn.
4. Griffith, C. R.: *Psychology of Athletics, Psychology of Coaching*, Scribner's Inc., N. Y.
5. Hughes, W. L. and Williams, J. F.: *Sports: Their Organization and Administration*, A. S. Barnes, N. Y.
6. Jesse, D. E.: *Baseball*, A. S. Barnes, N. Y.
7. Sharman, J. R.: *The Teaching of Physical Education*, A. S. Barnes, N. Y.
8. Williams, J. F. and Nixon, E. W.: *The Athlete in the Making*, W. B. Saunders & Co., Philadelphia.

DO ATHLETES USUALLY MAKE THE BEST LEADERS?

THE answer is yes. That's what the New York State Association for Health, Physical Education and Recreation was recently told by Lt. Col. Francis Greene, director of intramural sports at West Point.

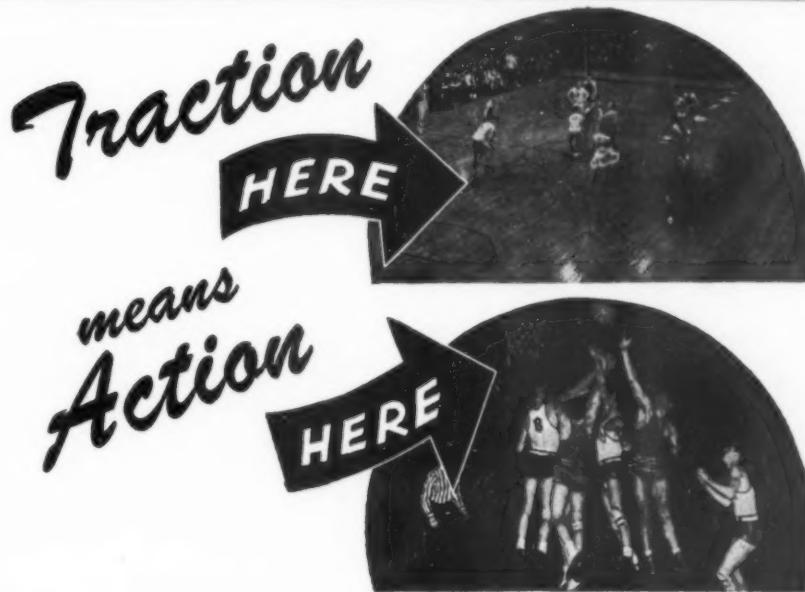
A study at the Military Academy shows that "some interesting facts stand out" in the correlation of physical ability and success.

"I don't imply that only an athlete can become a leader," Col. Greene asserted. "But, in a recent class, 29 cadet officers came from the top ten percent in physical training, whereas only three were selected from the bottom ten percent."

"This is the reason," he added, "that we are carrying 25 percent of our cadet corps on intercollegiate squads, and the reason every cadet must participate in athletics every season."

Col. Greene, whose military title is master of the sword, noted that "Athletic experience contributes to the development of certain qualities of character and leadership in the individual that no other single activity can claim to engender."

Judging by the performances of our athletes during the war, the Cadet intramural director is 102 percent right.



with PYRA-SEAL

Safety underfoot removes mental hazards . . . adds that extra flash of speed that runs up points. Yes, Traction means ACTION. Give your team sure-footed confidence of playing on fast, yet safe, PYRA-SEAL treated gym floors.

PYRA-SEAL Protection Makes Fast Floors SAFE.

PYRA-SEAL conquers dirt and wear—it's hard, lustrous finish is slip-proof—yet a floor finish that outwears ordinary finishes many times over. And PYRA-SEAL beauty lasts—this better floor seal resists acids, alkalis, alcohol, ink, hot or cold water.

PYRA-SEAL is BACK . . . and again available. During the war the Government commandeered ingredients essential to the manufacture of PYRA-SEAL. We stopped production of PYRA SEAL because we refused to substitute inferior "ersatz"—we would not compromise with quality. Now these vital ingredients are again available—and so is PYRA-SEAL. It's good news for gym floors—PYRA SEAL Is BACK!



GET THIS BOOK

Our Record Book "How to Make Stars" contains helpful charts for easy record keeping of players' faults as they occur. On request to any coach.



VESTAL INC.
ST. LOUIS NEW YORK

RUBBER SWIM GLOVES AMAZING

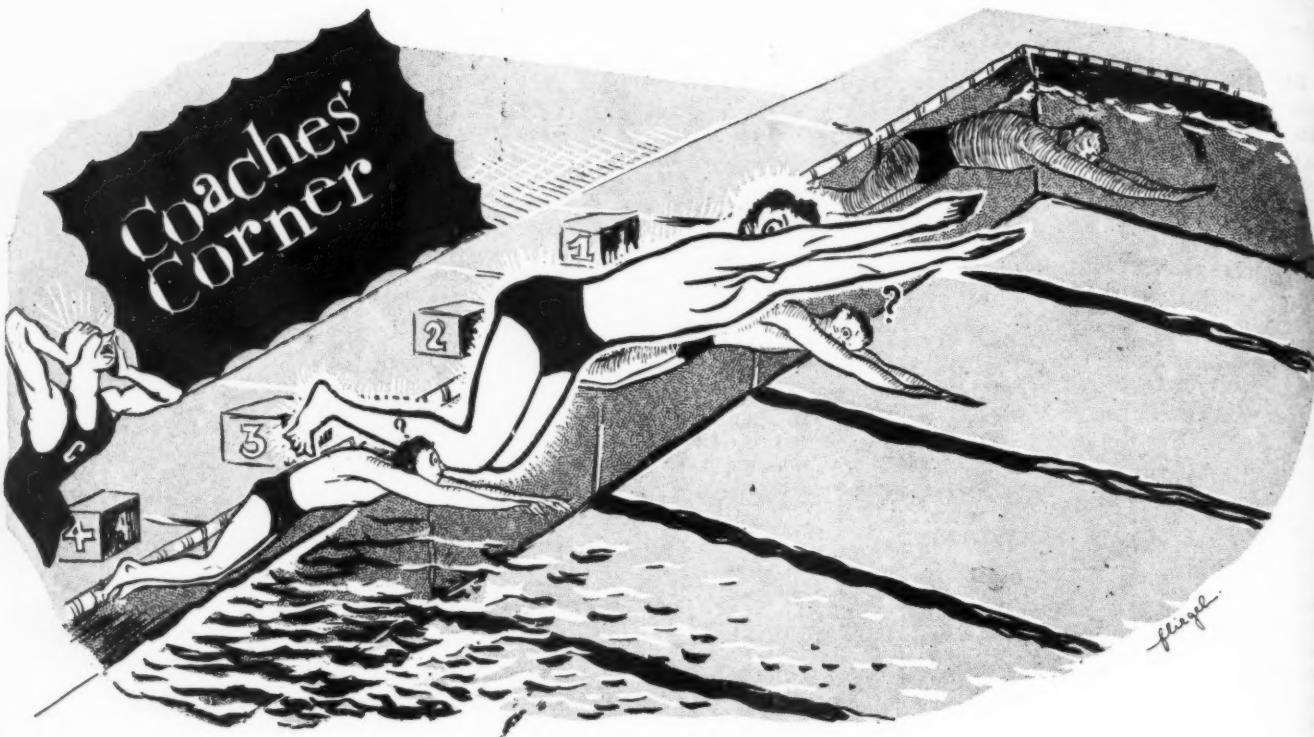
Speed



Men's and Women's Glove Sizes

\$1.90 Pair

LESS EFFORT GREAT FUN
OCEAN POOL SUPPLY CO., 71 West 35th St., New York City (1)



Please send all contributions to this column to Scholastic Coach, Coaches' Corner Dept., 220 East 42 St., New York 17, N. Y.

Writing for junior high school kids has its tribulations, too. In an article in *Junior Scholastic* on Jimmy McLane, the Akron schoolboy pool shark, who holds the national 800 and 1,500 meter swim titles, we wrote that his coach "took one look at Jimmy's size 10½ feet and started raving." Now two kids accuse us of claiming Jimmy is 10½ feet tall!

Judging by the thunderbolts he hurls, you would think Bob Feller owns an arm of iron. But the truth is—he can't punch his way out of a paper bag! He tried it one night on a broadcast of "County Fair." The bag was 8-feet high and Bob wore boxing gloves. He slugged and slugged—and couldn't strike himself out! Don't kid yourself, however. The stunt isn't as simple as it sounds. Because of its size, the bag can absorb an unusual amount of punishment.

Embarrassing moments. Harvard's hockey team had a date at Yale. They showed up on time, all right. But the game had to be held up three hours. The Harvards forgot to bring their skates!

Ever hear of a basketball game being delayed because of a frozen clock? It could only happen in Montana, reports Wayne P. Marcus, Wibaux (Mont.) High coach. "We were playing Glendive. The warm-ups had been completed and we were all ready to go when the scorer yelled, 'Hold everything, the clock is not working!'

"A careful inspection showed that the clock had literally frozen, i.e., the grease on the gears had been frozen stiff. The clock was hanging on the north wall of the gym and outside a terrific north wind accompanied the 25 below-zero weather. After some heroic first-aid, the clock was loosened up and we started the game."

As far as we know, Marty Servo, the new welter champ, is the first boxer ever to hear himself fight. He "dood" it while lifting the crown from Freddie Cochrane. Every time he danced near the mike just outside the ring, he cocked his ear and listened. "It was a lot of fun," he says. "But some of the things I heard made me laugh. The announcer must have been watching two other guys."

Chop, chop, chop, well all White. On Feb. 13, Dale White, star Irving (Ill.) High center, cracked the state scoring record. By tallying 36 points, he boosted his season total to 988 points. The old mark of 969 was made by the Centralia wonder, Dwight Edleman. Dwight, incidentally, is back at the U. of Illinois, along with some of those great Whiz Kids. That ought to insure the Illini of the national crown next season.

"Will you please change the address on our *Scholastic Coach* subscription," writes Fred B. White, coach of Lincoln School (Spokane, Wash.). "The magazine is now addressed to the 'Delinquent School.' God knows, we have our share of delinquents, but the name is still Lincoln."

Goofy Gomez, the former Yankee

southpaw, is managing a Venezuelan baseball team. Goofy speaks no Spanish. His team speaks no English. But everybody is happy. They just say it with base hits.

Oh, daddy! Father-and-son combinations are the rage in Midwestern colleges this season. Matt Mann II is swimming for Michigan, coached by his famous Dad, while Jack Kobs will play baseball for his papa at Michigan State.

Fumble. Upon being discharged from the armed forces, handsome Larry Schultz, former Centre College grid star, decided to become a football coach. As a starter, he filed an application with MacMurray College in Illinois. He received a nice letter in return. "We received your application and were very impressed with your qualifications. Unfortunately, the job isn't open. In fact, there is no job. MacMurray happens to be a girls' school!"

Indiana fans really like their fire wagon basketball—as you can tell by this letter from Coach Jack C. Spencer of Fowler (Ind.) High. "An irate fan walked up to me after we had defeated his team, Kentland, by a safe 10-point margin.

"He said, 'You bum, I never seed (Hoosier slang) such dirty basketball. Why you stalled the whole last quarter.'

"This sort of stumped me. I answered calmly, 'If that was a stall, we ought to use it all the time. We scored 12 points in that quarter, which was more than we scored in any other quarter—when we were really trying to dunk 'em.' (And, believe it or not,

MARCH,
it was tr
offense i
While
sectional
Max Bel
by an op
seen you
it's swell
Belko in
A gam
frowned.
15 yards
"Tell
erstwhile
friends."
"I neve
was Bell
the 15 y
True.)

Somet
there's a
Accordin
burgh's
were due
run fatig
honestly
factor, al
only the
Danny K
triple-tal

Along
spinning
about Ge
deceased
boxing co
eral was a
The fight
masterpiec
who can
Once, w
seat chat
Jack Bla
rupted a
little less

Prior t
general s
illegal pu
words, ha
swung a
on the fa
And th
he decid
stuffy, an
flung ope
enough t
training.
more sc
denizens
have not

Sportsw
are mour
Danny G
nicated b
many di
the train
into the
to take a
lurch mig
himself to
someone e
hold, he c
hung by
dangling
breast str
tered the

MARCH, 1946

59

it was true. We actually used a delayed offense in the last quarter!"

While playing for USC in an inter-sectional football game, the late Lt. Max Belko of the Marines was spotted by an opponent. "Hey, Max, I haven't seen you since high school days! Geez, it's swell—" He threw his arms around Belko in greeting.

A game official glanced their way, frowned, blew his whistle. "Holding—15 yards penalty!"

"Tell him Maxie!" screamed his erstwhile buddy. "Tell him we're old friends."

"I never saw you before in my life," was Belko's blank retort. It got him the 15 yards. (Walter I. Christie in True.)

Something's always cooking when there's a doctor (Carlson) in the house. According to the good Doc, Pittsburgh's early basketball successes were due to "something intrinsic. We run fatigue curves on the boys and honestly believe there is an intrinsic factor, although the scoreboard carries only the concrete extrinsic facts." Danny Kaye better watch out for his triple-talk crown.

Along Cauliflower Lane they're spinning yarns, thirteen to the dozen, about General John J. Phelan, recently deceased chairman of the New York boxing commission. The excitable general was a master of mangled syntaxes. The fight mob treasures his famous masterpiece: "There's no man alive who can accuse me of being honest!"

Once, when annoyed by some rear-seat chattering by Joe Louis' handler, Jack Blackburn, the general interrupted a rambling discourse with, "A little less quiet, please, Mr. Blackbird."

Prior to a Ross-McLarin bout, the general set out to describe legal and illegal punches. After running out of words, he sought to demonstrate. He swung a mighty left, whacked himself on the face and broke his glasses.

And there was the bitter winter day he decided Stillman's gym was too stuffy, and insisted every window be flung open. The fierce blasts were cruel enough to the unclothed boxers in training. But the fresh air was far more scarifying to the non-boxing denizens of the place. The windows have not been opened since.

Sportswriters covering the Giants are mourning the loss of colorful little Danny Gardella, who was ex-communicated by boss Ott for cutting two too many didoes. They fondly remember the train ride in which Danny climbed into the luggage rack above the seats to take a nap. Warned that a sudden lurch might fling him off, he strapped himself to the rack with his belt. When someone suggested the belt might not hold, he calmly rolled off the rack and hung by his middle in midair. He was dangling there, placidly practicing the breast stroke, when the conductor entered the car with a group of strangers.

CHOICE OF CHAMPIONS



Lustrous good looks and stamina! These two characteristics of Kahnfast quality fabrics explain why leading athletic coaches have long favored these superior fabrics for their teams' uniforms.

ARTHUR KAHN CO., Inc. 444 Fourth Ave., New York 16



Your boys deserve the best in equipment!

... and you'll find no better value than that offered by National. Designed by a staff of such experts as John J. Walsh (famous University of Wisconsin coach) and built by experienced craftsmen. • **JIM-FLEX MATS**

... made of platen process layer felt, guaranteed free from broken steelpunching needles ... 100% safe. Side walls built up square ... reinforced handles ... extra strong covers ... hand-tufted every 6" ... built to stand abuse. • **TRAINING BAGS** ... perfectly balanced ... just the right "feel" ... built for tough use. Develops accuracy, speed, reach and punch. • **BOXING RINGS** ... strong ... safe ... portable.



**NATIONAL
SPORTS EQUIPMENT CO.**
366 MARQUETTE • FOND DU LAC, WIS.



HORN ENGINEERS AT YOUR SERVICE

Horn Folding Bleachers and Electrically Operated Folding Partitions enable you to have two complete gymnasiums at the cost of one. Let Horn Engineers help with your plans.

Leaders in Flexible Gym Layout

DEPT. 511

HORN MANUFACTURING CO.

FORT DODGE, IOWA

H. & R. DRY MARKERS

- Force Feed—Quick Shut-off—Large Capacity
- Easy to fill and operate
- No Brushes or Screens

H. & R. MFG. CO.

BOX 215
PALMS STA.

LOS
ANGELES 34,
CALIF.



**SPORT PINS AND BUTTONS
MEDALS — BADGES — EMBLEMS**

TROPHIES

EAGLE REGALIA COMPANY
298 BROADWAY, NEW YORK 7, N. Y.

Nobody said anything. What could one say?

Another fellow who will miss Danny is Napoleon Reyes, his roomie. One day Nap strolled into the lavatory of their room high in the hotel, continuing a conversation through the open door. Returning, he found the room unoccupied. A note on the dresser read: "If my crushed body is found in the street below, Nap Reyes is the man who caused my despondency."

The excitable Latin screamed and rushed to the window. There, his powerful hands clutching the sill, dangled Danny. Suspended many floors above the street, he looked up and grinned joyously into his roomie's face.

Danny always believed in making practical tests of theories. When he had difficulty getting used to sunglasses, he wandered into the outfield alone and sat gazing steadily into the fiery sun. The idea was to accustom his eyes to the light so he wouldn't need the glasses!

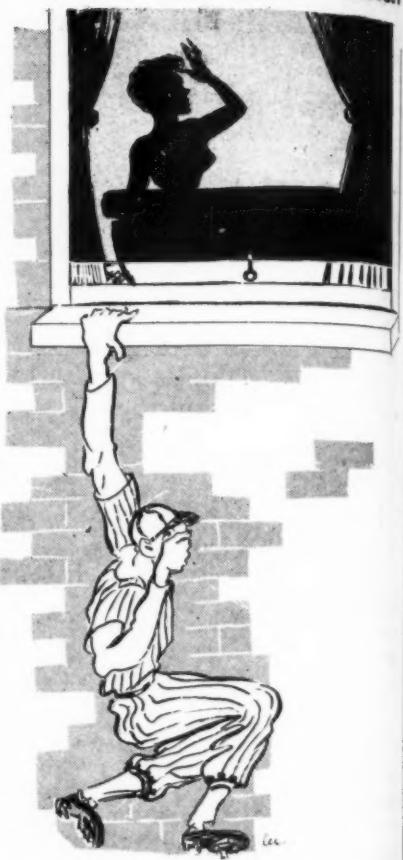
Now that the Olympics have been resuscitated (the 1948 Games will be held in London), it may be propitious to recall the woes of Mel Sheppard at the 1936 Olympics. Mel coached the Czechoslovakian contingent.

That team consisted of a discus thrower, a javelin pitcher and a tough lady sprinter. On the day before the Games, the discus thrower sailed his plate onto the conk of the javelin thrower, who, when he calmed the bells in his skull, broke a javelin over the noggin of the cockeyed discus thrower.

But the crusher was the curious fate which befell the third member of the maimed team. It was charged and upheld that she was a man, thus completing the fearful inner disorder of the carefully trained team.

Back in 1941, Commander John Whelchel learned he would be head coach of Navy the following year. When he discovered that 104% of the 1941 team wouldn't be back, he decided to pull a Svengali. He carefully looked over the players sure to return the following year and selected a fine young backfield rookie named Bob Woods.

On Woods, he lavished the fruit of his grid knowledge. He dogged the midshipman's footsteps, kept him up late at night going over plays and strategy. When he heard that Woods had been demoted to the B team, he asked that he himself be demoted to B coach. Woods was restored to the big team, and played 58 minutes in the Army game, vividly corroborating Commander Whelchel's stories about his prowess.



The job of making Woods the master technician continued. The midnight oil was burned profusely. The lad made notable progress. But the smarter he became in football, the more his studies suffered. Then, to the horror of all, he was flunked. No amount of pleading or blame-taking by Whelchel would melt the hearts of the Annapolis nabobs. Woods simply had bilged.

Pretty sad, huh? But the real weeper follows. Did Woods quit the game in disgust? No! Did he at least take the fruit of Commander Whelchel's teaching far, far away from the master? No! He boned up and entered West Point! He then returned to Annapolis with the Army team and haunted the living daylights out of the Svengali who created him!

Woo, woo, the major leagues now own a female "bird dog." That's a talent scout, son. Edith Houghton is the gal—the first female scout in baseball history—and she will find the bushes for the Phillies.

But don't get us wrong—Edie is a lady. And she has been playing baseball since she was eight. A veteran of several exhibition tours, Edith talked the Phillie owner into giving her the job.

She expects to work her job in with her other one—she's a buyer of glassware, gifts and work gloves for a jobbing house. The Phillies are hoping she doesn't pop up with any glass arms.

MARCH, 1946

Make Baseball Easy!

(Continued from page 28)

Sliding practice is the one thing most boys seem to dislike. I believe it's because of the "strawberries" on the hip they gather so easily. This can be avoided to a large extent by using the sawdust broad-jumping and high-jumping pits for practice.

Show the boys step by step the easy way to go into a base. Have them walk through the slide, then sit down to get the idea of sliding on the meaty part of the hips and spreading the legs at the right angle to hook the bag.

Insist that the boys turn their spikes to the side so that they do not catch in the dirt or on the bag. More injuries result from incorrect sliding than from any other cause.

I teach but one slide—the hook. I like to have my boys master it with both legs, so that they can slide to either side of the bag. I believe one slide is all a boy can be expected to learn. If he can master the hook, the others will come easily.

Work with pitchers

Most coaches think a good pitcher is 80 percent of a team's strength. I'm inclined to agree. But I would include a good catcher. I don't believe any pitcher can be really outstanding without a good receiver to handle him. Therefore, I believe in spending extra time on my battery.

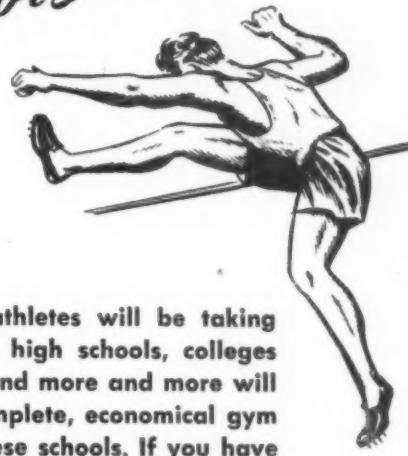
I work slowly with my pitchers, making sure they have one thing down pat before going on to another. I work on these things in the following order:

1. Correct stance on the mound for a throw to any base.
2. Control of a medium fast pitch to any part of the plate.
3. Control of a fast ball to any part of the plate.
4. Control of a hook to the best of his ability.
5. A change-of-pace pitch.
6. Fielding of bunts and throws to all bases.
7. Cut off of throws from the outfield.

I am a great believer of a few things done well. Some pitchers can assimilate more than others. But even with them, it pays to progress slowly. Don't skip the fundamentals in your haste to develop the deep stuff.

Have you noticed the number of

More and More



● More and more athletes will be taking training in America's high schools, colleges and universities . . . and more and more will be the need for a complete, economical gym towel program for these schools. If you have such a problem, write Geo. McArthur & Sons, Baraboo, Wisconsin . . . manufacturers of

Mc Arthur
SUPER-GYM and SUPER-TURK
School Towels

*When you order mats from your regular dealer
Specify OZITE GYM MAT FILLER
ALL-HAIR . . . it's livelier, safer, longer lasting!*



Genuine OZITE All-Hair stays soft and springy for years and years . . . never packs down, never gets lumpy or bumpy. Heavier and denser than ordinary mat fillers . . . laminated construction keeps mats flat always. And OZITE is 100% safe . . . no broken needles or bits of metal in it, because OZITE Gym Mat Filler is felted without needles by the famous "Platen Process".

Write for names of concerns who can supply you. This OZITE label seen on the cover of gym mats protects you against substitution . . . assures you that the filler is Genuine All-Hair OZITE Gymnasium Mat Felt.

Write to Dept. 6F3

AMERICAN HAIR & FELT COMPANY

MERCHANDISE MART
CHICAGO 54, ILLINOIS

Award RIBBONS

- for athletic events, tournaments, etc.
- Get our attractive prices before placing your spring order.
- Ribbons available in all materials, all sizes and types, with imprinting as you desire.
- Banners, plaques, and other special award items for all types of athletic events.

WRITE

for catalogue and price list.
No obligation.

REGALIA MFG. CO.
DEPT. 102
ROCK ISLAND, ILL.

BASEBALL

Individual Play and Team Strategy
By JOHN W. (JACK) COOMBS

Unique manual to develop winning teams,
written by a foremost coach.
278 pages, illustrated— $5\frac{1}{2}$ " x 8"

College List, \$2.00

HOW TO PLAY WINNING SOFTBALL

By LEO FISCHER
"Finest book on softball I've ever read."
COACH KEOGAN, Notre Dame University.
184 pages, illustrated— $5\frac{1}{2}$ " x 8"
College List, \$1.50

HOW TO PLAY GOLF

By BEN THOMSON
Easy-to-learn method by a former Yale coach,
specifically designed for the teacher.
65 pages, illustrated— $6\frac{1}{2}$ " x 8 $\frac{1}{4}$ "
Trade List, \$1.75

SWIMMING Fundamentals

By MATT MANN and CHARLES C. FRIES
Complete Olympic-winning system developed by a master coach. Profusely illustrated.
102 pages— $6\frac{1}{2}$ " x 8 $\frac{1}{4}$ "
College List, \$2.00

Send now for your approval copies

PRENTICE-HALL, Inc.
70 FIFTH AVENUE, NEW YORK 11

outstanding high school pitchers who are sent to the lowest bush leagues every year to be brushed up on the simplest tactics?

Most coaches are charter members of the "Tear Your Hair Out Over Missed Signals" Club. I know I am. It's very easy to pass the buck for a missed signal. But the coach is often to blame. Many men make their sign systems too darn complicated.

Anyone who has played ball knows it's tough enough to remember *easy* signals in the clutch without looking for barely perceptible, surreptitious movements amidst a group of players on the bench or, as often happens in school ball, from a coacher practically surrounded by spectators.

Deliberate signals

It has always been my contention that the signals to a runner, base coach or batter should be made plainly and deliberately. High school players have all they can do to keep their own signs straight, without trying to steal their opponents' code.

Since the background of the bench-looking in from the bases—is poor, I would suggest that the signal *always* be relayed to the base coach so that it is given twice.

If the coacher doesn't have to give it, he may miss it entirely and confuse the runner. The double-flash also serves to keep the base coach on his toes.

Try having the sign-giver wear a bright cap or jacket, or sit alongside someone who does, so that he may be picked out quickly and easily.

Make your signs simple but effective. Don't change them in the middle of a game. If the opponents are stealing them from you, simply have someone on the opposite side of the bench flash them.

On defense, the large bulk of the signs are flashed by the catcher. These, too, should be simple and easily comprehended. The catcher should stoop with the feet close together and pointing straight ahead, the knees apart and the trunk bent slightly forward.

The signs are given with the right hand against the inside of the right thigh. The fingers never show below the crotch, or the signs may be stolen from the rear.

Simplify things for your boys and see if it doesn't pay off. I am sure your boys will come along faster and be better all-around players.

THE PENNSYLVANIA STATE COLLEGE

Summer Sessions—1946

Program of approximately 500 courses. Series of one week coaching courses in basketball, football, track and field, baseball, wrestling, soccer, swimming, and gymnastics especially designed for returning veterans and others who wish to prepare for school or college coaching positions.

Health Education Workshop—
August 12 to August 31

Community Recreation Workshop—
September 2 to September 21

DATES OF THE SESSIONS

INTER-SESSION
June 10 to June 29

MAIN SUMMER SESSION
July 1 to August 10

POST-SESSIONS
August 12 to August 31
September 3 to September 21
TWELVE WEEK'S COURSES
July 1 to September 21

for further information write:
DIRECTOR OF SUMMER SESSIONS
Room 202 Burrowes Building
THE PENNSYLVANIA STATE COLLEGE
State College, Pennsylvania



Add **FIVE STAR** to your
TRACK and PHYSICAL
ED. WORK

FIVE STAR is an equalized method for scoring each individual in the five Track & Field Events. 1 to 100 points in each event, total of the five events is his **FIVE STAR** score.

FEATURES . . . early season and post-season track squad field day . . . achievement record . . . track squad morale builder . . . uncovers latent ability . . . intra squad, team and group competition . . . flexible enough to meet physical education programs and the exponent factor of age, height and weight . . . fun for all.

A COMPLETE GAME IN ITSELF
Full Instructions with each order
for score cards.

100 Cards, \$4.00 per 100
500 Cards, \$3.25 per 100
1,000 Cards, \$3.25 per 100

Promptly Sent, Postpaid. A 10% Discount Allowed on Orders Accompanied by Cash.

JOHN T. CORE
1224-C W. Broad St., Richmond 20, Virginia

MARCH, 1946

63

New Jersey's Trackless Wonders

(Continued from page 26)

with the championship, scoring a record number of points.

In 1944, the Mountain Lakes speedsters again beat every team in the county. Then graduation and the armed forces siphoned off all the key men, and it looked as though the little school's two-year reign had ended.

It didn't turn out that way at all. In 1945, the team had its best year—a won-all record and the Morris County title again by a wide margin.

The coaches of the big schools that have been humbled so often by the little Jersey institution all ask: "How do they do it?"

How and where do they practice? Well, the sprinters, hurdlers, distance runners and weight-men practice when and where they get the chance. Paved roads, sidewalks and up-and-down trails in the woods serve as "running tracks;" the distance men even use the fairways of a nearby golf club. No definite distances are marked out—the boys just have to imagine what 100 yards or a quarter-mile look like.

Back to the pavements

A year ago, when the Lackawanna Railroad tore up one of its tracks, Willing utilized the abandoned bed as a practice field, pitting his runners against the trains puffing up the grade. But the cinders proved too soft and soon the boys were back on the pavements again.

So the only time they use spikes or feel the touch of cinders is when they show their heels to their opponents on out-of-town tracks.

The hurdlers, too, are hard put. They can't use the roads because landing on the hard pavements after leaping over the timbers would injure their feet. So they set up barriers in a lot next to the school.

Some find good sport in sailing over the hedges in their front yards. But they do all right. Charlie Curran, son of the fire chief, went through two seasons undefeated and set a new state record in the 220-yard low hurdles.

The javelin, discus and shot men are also in a bad way. Since you can't have such dangerous weapons flying around a congested school

SCHOLASTIC COACH MASTER COUPON

Readers of Scholastic Coach may use this convenient form to obtain free literature and sample goods from Scholastic Coach advertisers. The offers listed are self-explanatory. For further details refer to the advertisement; the page number is given in parentheses next to each advertiser. After carefully checking items desired, mail this coupon directly to Scholastic Coach Advertising Department, 220 East 42 Street, New York 17, N. Y.

ADLER CO. (18)

- Information on Athletic Socks

ALCOHOL EDUCATION

- Tuss McLaughry's Poster, "Condition Pays"
How many

AMERICAN HAIR & FELT (61)

- Names of Firms Who Can Supply You

AMERICAN PLAYGROUND DEVICE (39)

- Catalogs

ATLAS ATH. EQUIP. (49)

- Catalog

A. S. BARNES (48)

- Sports-Books Catalog

COACHING SCHOOLS

- Bethany College (64)

- Penn St. (62)

JOHN T. CORE (62)

- Information on Score Cards

C. R. DANIELS (27)

- Catalog on New Line of Football, Baseball, Softball, Gym and Field Equipment

DENVER CHEMICAL (55)

- Handbook, "Athletic Injuries"

DU PONT DE Nemours (52)

- Information on Nylon Tennis Strings

EAGLE REGALIA (60)

- Information on Sport Pins and Buttons, Medals, Trophies

GENERAL MILLS (32)

- See ad for offer of booklets on Baseball

GRISWOLD & NISSEN (60)

- Booklet, "Tips on Trampolining"

H. & R. MFG. (60)

- Information on Dry Markers

HANNA MFG. (51)

- Information on Batrite Bats

HILLERICH & BRADS BY (55)

- Famous Sluggers Year Book

- Softball Rules Book

HOOD RUBBER (45)

- Basketball Foul Shooting Chart—How Many?

HORN MFG. (60)

- Information on Folding Bleachers and Partitions

HUNTINGTON LABS. (Inside Back Cover)

- New Seal-O-San Basketball Coaches' Digest

JOHNSON & JOHNSON (35)

- Information on Athletic Supporters

KAHNFAST ATHLETIC FABRICS (59)

- Addresses of Nearest Uniform Makers

BRADLEY M. LAYBURN (64)

- Information on Gym and Playground Apparatus, Portable Bleachers

LINEN THREAD (Inside Front Cover)

- Catalog on available nets

MacGREGOR-GOLDSMITH (23)

- Sports Catalog

McARTHUR & SONS (61)

- Postwar School Towel Plan

FRED MEDART (29)

- Book, "Physical Training, Practical Suggestions for the Instructor"

- Booklet, "Physical Fitness Apparatus"

- Catalog on Telescopic Gym Seats, Steel Lockers

- Catalog on Basketball Backstops, Scoreboards

MENNEN CO. (37)

- Free Package of Quinsana for Athlete's Foot

MUTUAL LIFE (44)

- Aptitude Test

NATIONAL SPORTS (59)

- Catalogs: Bases, Mats, Rings, Training Bags, Wall Pads, Pad Covers

NOCONA LEATHER (21)

- Information

O-C MFG. CO. (51)

- Information on Apex Athletic Supporter
(See ad on how to obtain Free Supporter)

OCEAN POOL SUPPLY (57)

- Information on Trunks, Klogs, Kicka Boards, Nose Clips, Caps, Swim Fins

PENNA. SALT (31)

- Free Sample, "Tilit"

PETERSEN & CO. (64)

- Catalog on Gym Mats, Wrestling Mats, Boxing Rings, Mat Covers and Prone Shooting Mats

PRENTICE-HALL (62)

- Catalog of College Phys Ed Texts

(Numbers in parentheses denote page on which advertisement may be found)

SEE PAGE 64 FOR OTHER LISTINGS AND FORM FOR SIGNATURE



Light up the field with Revere Lighting Equipment and attract more fans to your night events.

The Revere line—THE COMPLETE LINE provides lighting for every outdoor activity—high mounting floods, low mounting floods, spotlights, portable floods and utility floods. We also manufacture a variety of rigid and hinged floodlight poles to serve every need.

Send us a description of your particular problem. Our engineers will gladly help you. Be sure to ask for our Sports Bulletin SC-2.

REVERE ELECTRIC MFG. CO.

6019 Broadway — Chicago 40, Ill.



Used in Schools, Colleges, Army Bases and Naval Stations coast-to-coast. Full line wrestling, boxing, tumbling mats and foot-ball dummies. Send for catalog and prices.

PETCO



PETERSEN & CO.
5561 BAYNTON STREET,
PHILADELPHIA 44 PA.

BETHANY COLLEGE (Bethany, W. Va.)

offers new coaching opportunities for the eastern mentors interested in studying the difference between the single wing and the T formation

August 12 thru 16 presenting

FRANK THOMAS
of Alabama

AND

LYNN WALDORF
of Northwestern

Two outstanding exponents of the rival plans

Tuition \$15. Room and Board \$10 each ★ Reservations should be accompanied by tuition

JOHN KNIGHT, BETHANY COLLEGE, BETHANY, W. VA.

SCHOLASTIC COACH MASTER COUPON

(See page 63 for other listings)

(Numbers in parentheses denote page on which advertisement may be found)

QUAKER OATS

- "How to Play Winning Basketball" by Adolf Rupp
How Many
- Poster, How to Keep Fit for All Sports

RAWLINGS (3)

- Catalog

REGALIA MFG. (62)

- Catalog and Price List on Flags, Plaques, Emblems, Award Ribbons

REVERE ELECTRIC (64)

- Sports Bulletin

JOHN T. RIDDELL (43)

- Catalog on Basketballs, Plastic Football Helmets, Shoes

SAND KNITTING (53)

- Information on Athletic Knitwear and Uniforms

NAME _____

(Principal, coach, athletic director, physical director)

POSITION _____

SCHOOL _____

ENROLLMENT _____

CITY _____

STATE _____

No coupon honored unless position is stated

March, 1946

SCHOLASTIC COACH

yard, they lug their equipment two miles out to the state highway and use the grass plots between the traffic lanes as practice fields.

Claude Watts, Jr., did a lot of his weight throwing on his father's farm and whipped himself in good enough shape to take second place in both the discus and shot put at the state meet.

In the Fall, Coach Willing's distance runners keep themselves in condition by cross-country running. And here, too, Mountain Lakes has gained statewide fame. There are no small schools in New Jersey with cross-country teams, so Mountain Lakes has to take on the big schools from Newark, Passaic, Kearny, etc.

In 1944, the hill-and-daleers lost only one dual meet, and in 1945 they won them all, including a victory over Passaic High, the 1944 state champions.

Greatest honor

As you'd expect, the successes of the track and cross-country teams have made the little community track crazy. A berth on the track and cross-country team is the greatest honor a Mountain Lake youth can achieve.

The residents take great pride in the records their sons are establishing, and follow the teams in droves when they compete against their larger rivals on out-of-town tracks.

All during the war, the town fathers tried to find some way to construct a running track, but their efforts were thwarted by lack of labor and necessary materials. Now that the war is over, there are definite plans to build a track around the athletic field, and the "trackless" track team has been definitely assured of a first-class lay-out by 1947.

The impetus this will give the Mountain Lakes track program is too enormous to contemplate. Every kid able to trundle will probably go out for the team.

The greatest worry of the track coaches of other New Jersey schools today is: What's going to happen when Mountain Lakes does get its running track?

GYMNASIUM and PLAYGROUND APPARATUS.

PORTABLE BLEACHERS and GYMNASIUM STANDS.

BASKETBALL ELECTRICAL SCOREBOARDS.

BRADLEY M. LAYBURN CO.
461-8th Avenue, New York, N. Y.